

fit & well

healthy starts here...

Lose a stone on the
**8 hour
DIET**

Countdown's
Rachel Riley

'My secret
**TONE UP
TRICK**'

GENIUS!
A natural
pill to stop
STRESS

15 NEW
SEASON
TRAINERS

**under
£50**

**THE
gluten
free
ISSUE!**

23 TASTY IDEAS from pasta to cake!



2 of your 5 a day



High protein



Low fat



Low cal

Plus 10 years younger skin tricks * Walk yourself slim

HIGH PROTEIN - HIGH-FIBRE

GET A LITTLE EXTRA HELP!

The central focus is a white bottle of USN Diet Fuel Ready-To-Drink Shake. The bottle has a white cap and a label with the USN logo, 'BODY MAKEOVER SERIES', and 'DIET FUEL'. Below this, it says 'READY-TO-DRINK SHAKE' and lists nutritional information: '27.4g PROTEIN', '0g SUCROSE', and 'FAT FREE'. It also mentions 'HIGH PROTEIN, FAT FREE SHAKE WITH SWEETENER' and 'ANY TIME'. A glass of pink shake is shown at the bottom of the bottle. To the left of the bottle is a 'BEFORE' photo of Lisl Windt in a white bikini, holding a magazine. To the right is an 'AFTER' photo of Lisl Windt in a dark blue bikini, looking more toned. Text above the 'AFTER' photo reads 'LISL WINDT RESULTS AFTER USN'S 12 WEEK BODY MAKEOVER CHALLENGE'. Below the 'AFTER' photo is a small box with the USN logo and 'BODY MAKEOVER CHALLENGE'.

GREAT TASTING, MEAL REPLACEMENT SHAKE TO HELP SHED THOSE EXTRA POUNDS

USN Diet Fuel Ready-To-Drink is a delicious meal replacement shake that has been formulated to support your weight loss goals. Use alongside a healthy diet, it can also support muscle recovery in your exercise regime.

AVAILABLE AT **HOLLAND & BARRETT** *the good life* **TESCO** *Superdrug*

USN

DISCOVER THE NEW GLOBAL USN RANGE

W WWW.USN.CO.UK f [USN UK](#) t [@USN_UK](#) i [@USNUK](#)

In this issue!

Diet right

- 12 The slim weekend plan!** Eat your favourites and lose 2lb!
- 34 Why go gluten-free?** Find out if gluten's a problem for you
- 36 #InstaSlim** Gluten-free meals, all under 410 cal
- 40 Cauliflower** The surprising new superfood!
- 42 Our best gluten-free bakes!** Have your cake and eat it
- 44 7 smart & speedy gluten-free treats** Family faves
- 58 Lose a stone on the 8 hour diet** Eat what you want and still see results
- 67 Superfood sums** Combine two healthy foods for extra benefits
- 71 Your slimmer sandwich guide** Lunch for less calories

Page
12

Get fitter

- 16 Walk off the weight!** In just 30 mins!
- 50 Are you doing these exercises wrong?** Fix those gym mistakes
- 54 Shake it out!** And shake it off with the latest dance-based fitness classes
- 64 Tone up in one move** The exercise that does it all in 30 days
- 75 Can I really stand up all day?** The simple way to get fitter at work

Health & wellbeing

- 24 Is eating fat the best way to get thin?** We ask the experts
- 26 What's your health personality?** Find out how you view fitness
- 28 Your keep calm plan** Stay relaxed all day with our fab tips
- 70 Win a juicer!** We've got three worth £299.99 to give away
- 72 Supplements - your perfect subscription** Give yourself a boost
- 79 Your get to sleep quick mind trick** Switch off stress - fast!
- 80 New fitness tech on test** We try out the latest gadgets

Looking good

- 20 The best new trainers under £50** It's time to treat your feet
- 30 Frizz-free hair fast** Keep it sleek and smooth with these hair saviours
- 68 Squeaky clean skin secrets** Cleanse your way to a glowing complexion
- 76 Gym bag beauty must haves** Treats under £10

Page
74

Every issue

- 11 Feel better fast**
- 23 Build the perfect** Smoothie bowl
- 47 Meal makeover** Gluten-free pancake with blackberries
- 48 Curb that craving** Desserts you can make room for
- 49 Feel better food**
- 57 What's better?** Get the latest health facts
- 61 Smart swaps** Pizzas
- 82 The one thing...** Roxy Shahidi

Inspiration

- 6 'I'm toning up & saving time!'** Rachel Riley on rediscovering her love of cycling
- 14 This is what average looks like** Four readers, all 10st, at different shapes
- 53 Insta healthy!** Celebs share their favourite low-cal meals
- 62 Boxing transformed my body** Reader Liz was once 17st - but look at her now!

Page
28

Plus!
Eat Well
mini mag
starts on
p33



Welcome to fit & well



Meet our cover star



This month we thought we'd try something different. So, every single recipe is not only

healthy and delicious, but gluten free, too! So whether you need to cut it out for health reasons, or are wondering if you'd feel healthier without it, we've got great ideas, from easy evening meals to some really delicious bakes! If you give one a go we'd love to see a pic of your creation. In fact, hearing what the Fit & Well community is up to is always great inspiration, so whether you've a tip to share or would love to see something in the mag, just get in touch! See you next month...

Charlotte

We've been...



Doing yoga

» Picture editor Sarah has been perfecting her downward-facing dog - in a yoga class in a pub! 'I feel so much more toned and flexible.' #pubyoga



Hanging out

» Celebrity writer Chloe and Celeb Ed Sara got cosy with our beautiful cover star Rachel Riley who reveals her get-fit secret in this issue.

Making smoothies



» Features writer Natalia has been getting four of her five-a-day before 9am. 'My favourite combo is apple, avocado, kale, spinach, pumpkin and sunflower seeds. Yum!'

Beach walking

» Features editor Charlotte had an active beach break. 'Every day I walked five miles from Southbourne to Bournemouth and back again. Walking on sand really works your leg muscles.'



Get in touch!

Whether you're an Instagrammer or a Facebooker, here's where to find us...



TWITTER
Follow or tweet us
@fitandwellmag



INSTAGRAM
Follow and share pics
@fitandwellmagazine



FACEBOOK
Facebook.com/
fitandwellmagazine



YOUTUBE
Visit the Fit & Well
Magazine channel

You've been...



robbo_xo 🐶 aww. Poor Pads thinks he needs to go on a diet. It's alright mate. I think your cuter when you're podgy 🐶🐶🐶 #fitandwellmagazine

Getting the whole family involved

@robbo_xo shares her cute snap of podgy Pads reading up on the latest weight-loss advice.



Getting inspiration

Sam Taylor enjoyed the August issue over a low-carb lunch. Looks delicious, doesn't it!



Cooking

Alison Tree made the Moroccan chicken and veg roast dinner from our August issue for a dinner party. 'We really enjoyed it, and it's ideal for an easy dinner party with friends!'

Working up a sweat

@nakomafitness has been getting to grips with our 30-day planking challenge. It will be worth it we promise!



What's next?

Should you eat fat?

With celebs loading up on coconut oil, we ask has the fat trend gone too far? - page 20



THE gluten free ISSUE!

Gluten-free goodies

Use #fitandwellfood to share your pics of our great gluten-free recipes, page 33.

The one move you need

Want to tone up in just a few mins a day? Sign up to our 30-day Burpee challenge on Facebook - see page 50 to get going.



fit & well

Blue Fin Building
110 Southwark Street
London SE1 0SU
Tel: 020 3148 5000

Editor-in-Chief

Karen Livermore

Creative Director Dale Walker

Consultant Editor Jo Checkley

Editor Charlotte Richards

Art Director Deborah Hughes

Picture Editor Sarah Tully

Chief Sub Lee Fennell

Features Editor Charlotte

Haigh MacNeil

Consultant Celebrity Editor

Sara Nuwar

Food Editor

Felicity Barnum-Bobb

Writer Natalia Lubomirski

With thanks to

Vicky Axelson, Becky Brannigan, Lorna Wilson, Karen Smith, Chloe Thomas and Sarah Andrews

Managing Director Fiona Dent

Publishing Director

Roger Cummings

Publisher Tom Smith

Head of Marketing Sian Cupid

Senior Marketing Executive

Emma Salter

Online Content Producer

& Marketing Executive

Becky Coyne

For advertising

opportunities call

0203 148 2611

© Time Inc. (UK) Ltd, 2015.

Published by Time Inc. (UK) Ltd, Blue Fin Building, 110 Southwark Street, London SE1 0SU. Printed by POLESTAR VARNICOAT. Repro by Rhapsody.

All prices are correct at time of going to press. Time Inc. (UK) Ltd regrets that it cannot be liable for the safe custody or return of any unsolicited material, nor can we answer any letters or return submitted material unless accompanied by an a.s.e. Time Inc. (UK) Ltd reserves the right to shorten or modify any letter or material submitted. By submitting this material you consent to Time Inc. (UK) Ltd reusing the submitted letter or material in any format or medium. Time Inc. (UK) Ltd also regrets that it cannot accept unsolicited fiction manuscripts. This periodical shall not, without the written consent of the publishers first given, be lent, resold, hired out or otherwise disposed of by way of trade at more than the recommended selling price shown on the front cover, and it shall not be lent, resold or hired out or otherwise disposed of in a mutilated condition or in any other unauthorised cover by way of trade or affixed to or as part of any publication or advertising, literary or pictorial matter whatsoever.

Time Inc.

'I'm toning up & saving time!'

TV star Rachel Riley tells *Fit & Well* why getting on her bike has transformed her health and fitness...



Rachel Riley, star of *Countdown* and *8 out of 10 Cats Does Countdown*, has turned up at our shoot on her bike. Despite cycling through the London traffic on a muggy day, she looks fresh-faced and relaxed - and very slim and toned in her cycling gear. Cycling is the 29-year-old's new passion, which is why she's become an ambassador for Breeze, a programme designed to get more women on their bikes. All that pedalling, plus a healthy diet and her favourite exercise class, keeps her fit and healthy, as she explains...

'I dance my way to fitness'

Along with *Countdown*, Rachel's best known for her appearance on *Strictly Come Dancing* in 2013. Last year, after splitting with her husband, Jamie Gilbert, who she met at university, she got together with her *Strictly* dance partner, Pasha Kovalev. And, yes, she and Pasha do still dance together. 'Pasha's brilliant at taking me dancing - we'll go salsa dancing on holiday, for example. While he was on tour, we went out in Blackpool one evening and all the dancers were on the dance floor. It was such good fun.' Rachel's made dancing part of her fitness regime, too. '*Strictly* was amazing. You're exercising all the time, but without realising it so you never get bored. I got into Zumba after doing *Strictly*. It's a five-mile bike ride to my favourite class so that's my exercise. Zumba tones all your muscles and gives you a cardio workout, so it's the perfect combination. I hate the gym, so it's ideal for me.'

'Cycling is toning me up'

Rachel's in training for a big cycling challenge, so she's fitting in training by using two wheels whenever she can, »



Rachel gets around town on two wheels





‘I cycle the
five miles to
my favourite
Zumba class’

'I've recently bought a proper road bike. I love it. I'm so glad I rediscovered cycling'



Rachel and partner Pasha still enjoy salsa dancing

and she's already noticed an improvement in those famously shapely legs.

She's a firm believer in fitting fitness into your life rather than slogging it out in the gym. 'It's quicker, healthy and free. I've recently got a proper road bike. I was always a bit nervous about riding one, but it's different if you get one that's the right size for you. It only took me about five minutes to get used to it. Now I love it. I'm so glad I rediscovered cycling. I used to do it when I was a kid, then stopped, and it was only when I tried bikes on *The Gadget Show* (which Rachel used to co-present) that I realised how fun it was and took it up again.'

Rachel's taking part in a Breeze Challenge event, a 50km bike ride for women. 'All the Breeze volunteers are women, helping to build other women's cycling confidence and making you feel part of a community. It's fantastic. I'd love to see more women cycling.'

'I eat to beat food intolerances'

Rachel's battled with uncomfortable digestive symptoms, including pain and bloating, so has to be careful with food. 'I'm naturally slim, so I don't have to watch what I eat from a weight loss point of view,' she says. 'But avoiding foods for health reasons is different. I had a lot of digestive symptoms and for years doctors diagnosed them as IBS without looking into it - I felt fobbed off because I knew it

Words Charlotte Haigh MacNeil Main photos Dan Kennedy Other photos BBC, Twitter Styling Kellie Daggett Hair & make-up Lottie Brooksbank Rachel wears Yellow Crop Top, £11.99, New Look (newlook.com), F-Padded Sports Bra, £36, Striders Edge (stridersedge.com), Climacool Aeroknit Shorts, £25, adidas (adidas.com), Ride 7 Trainers, £105, Saucony (saucony.co.uk)

wasn't that. So I had tests to find out what was going on and that's how I discovered I'm intolerant to wheat, lactose, gluten and eggs. I've been working with a nutritionist to keep those foods out of my diet, but it's difficult because I have to avoid so much. I eat prawns and plain rice a lot!

At first, Rachel found it tough adjusting to such a limited diet. 'It's hard to get enough nutrients and I got a bit rundown. So now I take vitamin C, zinc, calcium - which really helps with PMS - and probiotics. Since I started the supplements I haven't had any colds.'

Avoiding her problem foods has helped Rachel's digestive symptoms, and she still enjoys treats. 'I have discovered some amazing vegan cupcakes and I love Booja-Booja chocolate.'

'I've learnt great make-up tricks'

Rachel's known for her feminine frocks on *Countdown*, but says that off-duty, she tends to wear comfortable clothes. 'And I love make-up, but until I worked in TV I didn't really know what to do with it. I've learned a lot by watching the professionals. My must-haves are By Terry under-eye concealer and Tom Ford eye palettes, and pink blush is amazing for helping you look instantly glowing. The hair and make-up on *Strictly* was amazing - sometimes I didn't recognise myself!'

Rachel keeps fit by cycling and going to Zumba classes



'Family & friends are so important'

Rachel and Pasha might have got together after meeting on one of the BBC's most popular television shows, but these days they're a low-key couple. 'We go out to dinner and spend time with friends. I don't cook a lot because I'm away so much for work. I'm being introduced to Russian food, so am eating a lot of buckwheat and pickles. I haven't actually been over there yet, but Pasha's mum came to see us recently. She doesn't speak English so I'm trying to learn Russian - I've always loved a challenge!'

Rachel's also close to her own family in Essex. 'I go to stay with them a lot. When I was married, we had cats, and when we

split up neither of us was at home enough to look after them. My mum took two and another went to a friend - so I love seeing my cats as well as my family.'

'I try to be myself'

She's a regular fixture on our screens now, but Rachel was an unknown 23-year-old Oxford graduate when she joined *Countdown*. 'When I first started, I wasn't confident at all,' she confesses. 'I had no television experience. I just thought I may as well be myself.' It's her perfect job, she says. 'I'm a real maths geek. If someone tweets me a maths problem I have to solve it! I never wanted to be famous just for its own sake but, as I have a voice, it's good that I can be a positive role model for girls.'



Rachel is taking part in one of Breeze's 50km rides

Cycle with confidence



Jill Puttnam of British Cycling, which runs the Breeze programme to get women

cycling, has these tips
» BUY A GOOD PAIR OF CYCLING SHORTS - they'll keep you much more comfortable. But wearing underwear beneath them is a major no-no - the pad inside the shorts needs to be against your skin to do its job properly.
» BEFORE YOU SPLASH OUT ON A BIKE, think about what you'll use it for. Mountain bikes are for rough terrain, road bikes are designed for speed and distance, and hybrids combine

the best of both, so are a good idea if you cycle to work in the week, but want to ride in the park at the weekends.

» IF YOU'RE NEW TO CYCLING or just want to cycle more sociably, the Breeze rides are a great way to get involved. There are 200 a week throughout the UK and they're open to women of all abilities. You can choose between different distances - and they usually start and finish in a café, so are a brilliant way to make new friends in your area.

» Visit breezebikerides.com



GREEN JUICE DETOX

7lbs IN 7 DAYS

- ✓ Complete 7-day plan
- ✓ Quick and easy recipes!
- ✓ No juicer required!

Only
£1.99

**SPECIAL
OFFER**

TURBO-CHARGE YOUR DIET
WITH THE ULTIMATE 5:2 AND
JUICE DIET BUNDLE - TWO
GREAT DIET APPS FOR £2.49 IN
THE APPLE APP STORE NOW!

**5:2
DIET**



BROUGHT TO YOU FROM THE MAKERS OF **woman** AND THE BEST-SELLING 5:2 DIET COMPLETE MEAL PLANNER APP



Available on the
App Store

PRICES SHOWN ARE UK ONLY, AND PRICES MAY VARY ACROSS DIFFERENT APP STORE TERRITORIES. PRICE IS SUBJECT TO CHANGE DUE TO 'COMPLETE MY BUNDLE' T&CS

feel**better**FAST



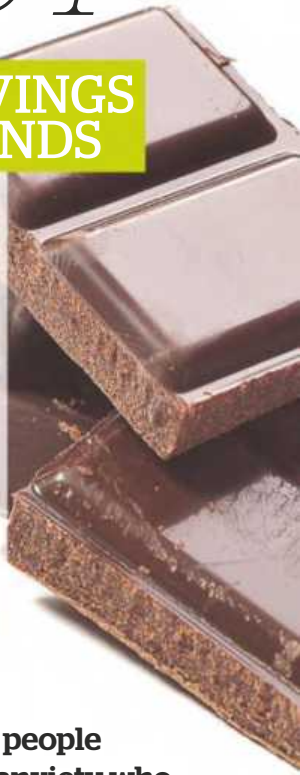
HANDY WAY TO HYDRATE

Forget trying to squeeze a bulky bottle of water in your handbag. New Memobottle A5, £21.99 (thefowndry.com), is an ingenious flat reusable drinks container that you can slip into your briefcase or laptop bag.



STOP CRAVINGS IN 30 SECONDS

Can you hear that chocolate bar calling you? Try a distraction technique like tapping your forehead or staring at a blank wall for 30 seconds. It actually works!



THAT'S CLEVER!

Towel down after your workout with a luxurious Tunisian fouta towel, £29, babooshe.com. They're lighter than regular towels, so take up less space in your gym bag.

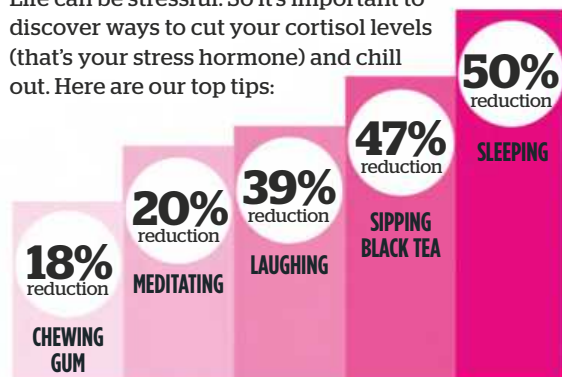


65%

The number of people suffering from anxiety who have recovered after using CBT sleep improvement app, Sleepio. Free from iTunes.

Ultimate stress busters

Life can be stressful. So it's important to discover ways to cut your cortisol levels (that's your stress hormone) and chill out. Here are our top tips:



WHAT'S THE BEST TIME TO lift weights?

The afternoon. This is because it's when your muscle strength is at its peak, your body is warm so less likely to injure and your pain threshold is at its lowest. Sounds good to us!

#fitandwellwisdom

Follow us on Twitter at @fitandwellmag for more words of wisdom. Or use the hashtag above to tweet your inspirations



#FITANDWELLWISDOM 'Nothing is impossible, the word itself says 'I'm possible!' Audrey Hepburn

The SLIM weekend plan!

HAVE A
TAKEAWAY
still lose 2
pounds!

We all know weekends are the hardest time to stick to a diet – so we've put together a plan to help you, and make sure you don't miss out...

Research into the most difficult days to diet backs up what most of us already know. Almost three-quarters of dieters admit over-indulging at the weekend – with 46% of women regularly consuming 8,000 calories. Diet dangers include snacking between meals, fattening takeaways, alcohol indulgences and the Sunday roast with second helpings. But dieting doesn't have to mean going without – especially if you save your treats for the weekend to reward yourself for being good.

'It's possible for a healthy woman to lose a stone in eight weeks by reducing calories to 1,200 each day,' says Izzy Cameron, nutrition and weight management specialist at Diet Chef. 'This approach will see most people lose up to 2lb per week. Many people make the mistake of bingeing over the weekend. Try to plan your weekend so that you're eating sensibly most of the time. So, for example, if you're having a takeaway on Saturday, have a lower-calorie breakfast and lunch that day.' Follow our weekend diet and see how easy it is to stay on track...

YOUR WEEKEND MEAL GUIDE

FRIDAY

BREAKFAST A small portion of porridge (40g) with a piece of fruit (150 cals).

LUNCH A boiled egg salad with balsamic dressing (150 cals) or a portion of soup (around 100 cals). Check out the New Covent Garden Soup Co Skinny ranges in the chilled

section of the supermarket, or make your own low-fat soup by roasting tomatoes, peppers and red onion, simmering in vegetable stock and chilli, then blending.

SNACK A piece of fruit or crudités (around 50 cals).

TREAT This leaves you with 850-900 cals for a takeaway or meal out (see below for top choices).



SATURDAY

BRUNCH Eggs Benedict: two eggs, poached (150 cals); portion of lean ham or bacon (100 cals); English muffin (130 cals), and hollandaise sauce (120 cals). Total: 500 cals.

DINNER Grilled salmon or chicken breast with steamed vegetables, such as broccoli and



carrots (around 300 cals).

TREAT This leaves 500 cals for drinks and snacks. For instance: white wine spritzer (250ml - 186 cals) or two gin and slimline tonics (100 cals); a bag of low-fat crisps (Quavers, French Fries, Skips - 87 cals); chocolate bar (e.g. Curly Wurly - 115 cals), and 20 olives (68 cals).

SUNDAY

BREAKFAST 2 Weetabix with semi-skimmed milk and a piece of fruit (250 cals).

TREAT Late lunch: roast dinner - see tips below. Small portion (100g) of roast chicken breast (170 cals) or beef (135 cals); two small roast potatoes (150 cals); steamed carrots, peas and

broccoli (large portion - approx 80 cals); gravy (made with granules - approx 15 cals); glass of wine (125ml - 115 cals), and low-fat Eton Mess: meringue nest, 6 strawberries and spoonful of Greek yogurt (150 cals). Total: approx 700 cals.

SUPPER Small can of beans, 1 slice of wholemeal toast and scraping of spread (250 cals).



TIME TO CHOOSE YOUR TAKEAWAY

Have two starters instead of a starter and main, and if you want dessert, share one.

CHINESE

Choose Soups; stir-fries; steamed dim sum dishes; plain rice and noodles - especially fine Singapore noodles.

Avoid 'Special', deep fried and battered foods; prawn crackers; sticky ribs; sweet and sour dishes; duck or poultry with the skin on.

INDIAN

Choose Cucumber and mint dips; dry tandoori, shashlik and tikka dishes; tomato-based curries, such as Rogan Josh; boiled rice.

Avoid Fried starters, such as pakoras, samosas and bhajis; cream-based curries, such as kormas and masalas; pilau rice and peshwari naan.

ITALIAN

Choose Marinara, Arrabbiata and Napoletana dishes; thin crust pizza with vegetable, lean meat or fish topping.

Avoid Garlic bread; carbonara; pesto; lasagne; thick-crust, deep-pan pepperoni or processed meat pizzas.



SLIM SUNDAY ROAST

» **AVOID** crispy chicken or turkey skin, crackling from pork, and sausages wrapped in bacon.

» **EAT** plenty of veg, and steam rather than cook in butter or oil.

» **COOK** roast spuds whole: this means there is less surface area for the potato to absorb fat.

» **CHOOSE** boiled potatoes.

» **MAKE** gravy with granules rather than meat juices.

» **AVOID** Yorkshire puddings: each one is around 170 cals while 100g of stuffing is around 90 cals.

TIP Plan what you want to eat before you go. Most restaurants now have menus online.

This is what **ave**

Think the numbers on the scales say it all? These women are proof that the



'I'm a stone lighter now I'm a mum'

Emma Saunders, 35, lives in Norfolk with her fiancé, Derek, 39. She has three daughters and two step-children.

Having three children left me with a tummy that I simply couldn't shift. By the time my youngest, Isla-Mae, now three, was born, I'd almost resigned myself to having wobbly bits. Then a friend told me about a new hypnosis app.

That night, I listened to the recording. A calm voice spoke about controlling portion sizes and only eating when you're hungry. Night after night, I kept on listening and, barely realising, I began to make healthier choices - drinking more water and not eating between meals.

Eight months on, I've lost a stone and I'm healthy, not because I'm dieting, but because I want to be. It feels so refreshing. * Virtual Gastric Band Hypnosis is available for iOS/Android, £4.99.

'The perfect body is a myth'

Vanessa Powell, 46, lives in Surrey with husband Stacey, 40, and their daughters, Jessica, 12, and Violet, 10.

Jessica is the spitting image of me at that age - a skinny thing, all legs and arms. To say I was a late developer is an understatement. With no shape, the girls at school would tease me, and I spent years wearing padded bras.

It was only after I had my daughters that I developed the womanly figure I have today. Breastfeeding gave me a cleavage, but though I had the curves I'd always wanted, I'd still look back on old photos and miss that flat stomach.

Now I realise that there's no 'perfect body' - what matters is feeling comfortable in your own skin. As my daughters get closer to their teenage years, I'm determined to give them the positive body image that I never had.



5ft 3
Size
12

5ft 6
Size
12

rage looks like

average female weight of 10st can come in many shapes and sizes...



6ft
Size
12

'At 45, I'm more toned than ever'

Zoe Evans, 45, lives in Worcester. She has two sons, James, 24, and Daniel, 22.

Back in my thirties, I worked as a lawyer. Being chained to my desk and eating meals from a vending machine, my weight soared. At 40, I weighed 12st.

So, sat around our kitchen table, James and I came up with the idea for our new business, Xtreme Bootcamps - military-style workout sessions. We launched in November 2013, but we needed a guinea pig... And although I could barely do a sit-up, I ran, crawled and stumbled my way through my first session. More sessions followed, and a year later I could do squats easily and hold a plank position for 20 minutes. I may not be a size eight, but I'm stronger than ever and it feels great.

* xtremebootcamps.com



5ft 1
Size
14

'I'm 6ft - but I love to wear heels'

Laila Clarke, 32, lives in Dubai.

I've been towering over my friends since I was 13. The kids at school called me 'beanpole', when friends started wearing heels I stuck to flats, and when it came to dating, I couldn't bear the thought of going out with a man who didn't reach my eye line. I finally stopped growing when I hit 6ft. But while I spent years despising my frame, by the time I reached my thirties I realised that I had a shape that some women would kill for.

I could carry my weight in a way others couldn't, and while I followed a healthy diet, I didn't need to beat myself up if I had a slice of cake.

My shape may not have changed a lot from my 'beanpole' years, but these days I don't let my size bother me - and I'll wear heels if I want to.

* allthetallthings.com



#FIT IN
30
minutes

WALK

off the weight!

Want to shift those pounds and firm up for free? You can with just three half-hour walking sessions a week. And you'll see results - fast!

A workout that burns 400 calories an hour (that's four Jaffa Cakes or one-and-a-half jam doughnuts), melts fat, tones your legs, bum and tum and strengthens your heart - and it doesn't cost a penny? That can't be right! Well it is, because walking is one of the best workouts around. No wonder Heidi Klum and Charlize Theron swear by it.

'Anyone can do it at any time,' says Stuart Amory, personal trainer and Nordic walking instructor. 'It targets your legs, especially your quads and hamstrings when going up hill, but also utilises your core and arms (get them swinging!) for a full-body exercise. Plus, it's a great weight loss tool, as long as you keep the pace up.'

Your **30min** walking plan



Your trainer
Stuart Amory

Regular walking reduces the risk of chronic illnesses, such as heart disease and Type-2 diabetes. What's more, it boosts energy levels by increasing circulation and oxygen

supply to every cell in your body and it even eases muscle tension, wakes up stiff joints and improves bone density.

To spread out the plan, Stuart recommends workout 1 for Monday, workout 2 for Wednesday and workout 3 for Saturday, but fit them in as and when you can.



	WORKOUT 1 5-MINUTE INTERVAL TRAINING	WORKOUT 2 HILL (OR STAIRS!) WALKING	WORKOUT 3 LONG WALKS
GOOD FOR	Fat burning and weight loss	Strengthening leg muscles and boosting cardio fitness	Increasing endurance
WEEK 1	Walk fast for 1 minute, steady for 4. Repeat 6 times	Find a hill or a flight of stairs (around 10-15 steps). Walk up fast, then walk down slowly. Perform 1 squat. Then repeat the above move, but each time increase the squat reps by 1	For your half-hour training, set out on a walk. When the 15 minutes is up, return home and aim to be back before the remaining 15 minutes runs out. As you improve, the distance covered should be greater
WEEK 2	Walk fast for 2 minutes, steady for 3. Repeat 6 times	Repeat as above	Repeat as above, but try going 250m further
WEEK 3	Walk fast for 2 minutes 30 seconds, steady for 2 minutes 30 seconds. Repeat 6 times	Repeat as above	Repeat as above, but up the distance by another 250m
WEEK 4	Walk fast for 3 minutes, steady for 2. Repeat 6 times	Repeat as above	Repeat as above, but up the distance by another 250m
WEEK 5	Walk fast for 3 minutes 30 seconds, steady for 1 minute 30 seconds. Repeat 6 times	Repeat as above	Repeat as above, but up the distance by another 250m
WEEK 6	Walk fast for 4 minutes, steady for 1. Repeat 6 times	Repeat as above	Repeat as above, but up the distance by another 250m

Compiled by Natalia Lubomirski Photos Getty Images To find out more about Stuart Amory, visit indillerfitness.co.uk

GET THE GEAR



Air Minimal Hiking Jacket, £80, odlo.com Need a jacket to keep up with the changeable UK weather? This slim-fit, lightweight design will keep you dry and warm. If the sun comes out, or you work up a sweat, you can take it off and stuff it into the integrated pouch. Clever!

Pro-Nation insole, £14.99, available at pharmacies nationwide If you're worried about your feet aching while walking, slip these inside your shoes. The foam insoles cushion your feet, providing support, and help disperse impact and pressure, while also correcting any imbalance.



All Out Charge Walking Shoe, £95, merrell.com Every walker needs a good pair of shoes. This pair moulds to your feet, keeping you stable and agile as you tackle tricky terrain. What's more, there's a protective buffer at the front to prevent painful stubbed toes.



Osprey Women's Verve 5 Hydration Pack, £60, cotswoldoutdoor.com Staying hydrated while exercising is key. This rucksack has a water bladder with spout so you can sip water while on the move. Plus, there's room for a map, sweatshirt and snacks.

APP-Y WALKING

WALKIT (£2.29, iTunes; £1.99, Google Play) Interactive walking planner to help you find the best walking route in your city. Each route includes journey time, calories burned and step count.



MAP MY WALK (Free, iTunes, Google Play) Allows you to log your walk and track it online, and the social feature lets you share routes and encouraging words with other members.



WORLD WALKING (Free, iTunes, Google Play) Records the number of steps you take each day. Pick a famous route, such as America's Route 66, and then walk enough steps to complete it.



Keep a track

To calculate your distance, speed and calories burned it may be worth investing in an activity tracker. Turn to page 80 for the best new gadgets.

STUART'S TOP WALKING TIPS

» **Swing your arms back and forth.** You'll automatically speed up, tone your arms and engage your core muscles.

» **Pretend you're walking along a straight line.** This will help you to resist the urge to lengthen your stride. If you want to up your pace, take smaller, faster steps.

» **If you can say a sentence, but can't sing a whole song,** then you're walking at the right speed and intensity.

» **If you find it tricky timing your interval training in Workout 1,** pick an object in the distance, such as a tree, and walk quickly to that. Then walk steadily to the next object.



The
best
new
trainers
UNDER
£50

Getting fit doesn't have to break the bank! We've found the best quality new budget buys...

Lidl Crivit running shoes, £14.99.
Leggings, £4.99. Top, £3.99.
Handheld Bottle, £4.99. All Lidl.



Skechers Bikers Embroidery Trainers, £49, schuh.co.uk With a cushioned insole and flexible outsole they're ideal if you're on your feet all day.

Reebok Zone Cushrun, £40, very.co.uk A padded tongue and collar add extra support and flex grooves at the forefoot provide flexibility.



Adidas Lite Runner, £40, jdsports.com A flexible and lightweight shoe that conforms to the shape of your foot. Plus, the mesh weave will keep feet cool as your workout heats up.



Asics Patriot 7, £45, amazon.co.uk Made with high abrasion-resistant rubber which reduces excessive wear and ensures durability.

Adidas Galactic Elite, £37.99, sweatshop.co.uk Lace up and get running with these stylish new kids on the block.



Next Runners, £35, next.co.uk Brilliant everyday, comfortable and very stylish walking shoes.



Nike T Lite XI, £40, very.co.uk Designed for the dedicated athlete, the cushioned midsole reduces foot fatigue.



New Balance 490v2, £50, newbalance.co.uk Want firm, yet flexible? With their injection-molded foam insoles, these are for you.



Reef Rover Low, £50, reef.com/eu Designed with comfort in mind they're ideal for the daily commute.

KP85 Mesh Trainers £29.99, mandmdirect.com Designed with gym classes and medium-level workouts in mind, the sole has impact protection.



Hi Tec Fulcrum, £25.99, hi-tec.com/uk The rubber outsole ensures a firm and supported grip. Plus, they have a reflective heel trim - ideal for late-night running.



Lonsdale Women's Coniston Low-Top, £40, debenhams.com Their waffled sole provides substantial grip and traction - ideal for fast steps in your Zumba class.

Gola Solar, £35, gola.co.uk Lightweight and breathable with a memory foam inner sole and excellent grip.



Nike Core Motion TR 2 Mesh, £46, very.co.uk You don't have to choose between style and cushioned support with these vibrant runners.

Budget-buying guide

Michael Moore, Technical Representative at Asics UK, gives us the lowdown

» **Even budget shoes cater for different sports**, so get the right one for you. If you're playing tennis, choose a shoe that offers sub lateral support, so they'll hold your feet whether you're moving side to side or forward.

» **Don't buy purely on aesthetics.** Make your money go further by researching which shoe and which support will be right for you.
» **If shoes are on sale look at the RRP.** If the sale price

difference between two pairs is £10, but the RRP difference is £50, choose the premium shoe, which will incorporate enhanced technology.
» **Buy shoes later in the day**, when your feet have swelled up. This will help you get the

best fit, as your feet expand when you exercise.
» **Try them on with the socks** you'll exercise in. Socks are key, so invest in a technical sport pair that wick away moisture and add extra comfort.

Fashion * Beauty Diets * News * Food



Every Tuesday in
Woman magazine
womanmagazine.co.uk

woman
IT'S FOR
WOMEN
NOT
GIRLS

Build the perfect

SMOOTHIE BOWL

It's the new healthy breakfast trend - nutritionist Lee Holmes shows you how

How?

Blend all ingredients (apart from the topping) until smooth. Put in a bowl and add your toppings.

ESSENTIAL LEAFY GREENS

Greens boast high levels of calcium, for strong bones and teeth, and play a crucial role in blood clotting.

TRY 1 stalk of detoxifying kale and a handful of spinach leaves.

CHOLESTEROL-CURBING FATS

Foods packed with mono-unsaturated fats reduce bad cholesterol levels, but raise healthy levels, lowering your risk of heart disease and stroke.

TRY ½ avocado, which has over 3g of soluble and insoluble fibre.

SKIN-GLOWING MILK

Almond milk is a nutritious and fibre-rich alternative to cow's milk. The high levels of vit E will help protect and repair your skin.

TRY 250ml sugar-free almond milk.

MUSCLE-MENDING BANANAS

Known for their high potassium content, necessary for healthy muscle function.

TRY 1 frozen banana, cut up into chunks.

ANTI-AGEING BERRIES

Berries such as cranberries, strawberries, raspberries and blueberries contain phytochemicals, antioxidants and anti-inflammatory colour pigments called anthocyanins, which help with healthy ageing.

TRY 75g frozen berries.



SUPERFOOD BOOST

Algae powders are one of the best known protein sources, and contain excellent detox properties, binding with heavy metals and other toxins to aid elimination.

TRY ½tsp spirulina powder.

HEALTHY TOPPINGS

Bursting with complexion-boosting properties, coconut nourishes, protects and moisturises your skin from within.

And you can add colour and flavour with a handful of fresh berries.

#fitandwellfood



What combo will you go for? Use this hashtag to share snaps on Instagram @fitandwellmagazine

» Lee Holmes is a holistic nutritionist and author of the best-selling *Supercharged Food* series (superchargedfood.com)



Is eating fat the best way to get thin?

It's the latest weight-loss secret to sweep the country - but has it gone too far?

Cooking in coconut oil, whipping up creamy sauces for your steak, snacking on cheese and adding butter to everything? Then you've clearly embraced the trend for eating fat to lose weight and stay healthy. Trainers and diet gurus swear by the power of fat to help you burn fat, and celebs like actress Shailene Woodley and singer Ed Sheeran are fans of bulletproof coffee - that's black coffee with butter melted into it, if you haven't taken your fat consumption quite that far yet. So is upping your butter, cream and red meat really the way forward?

EAT FAT, BURN FAT

According to Zana Morris, personal trainer, nutritionist and author of *The High Fat Diet*, eating a high-fat, low-carb diet helps you shed 3 or 4lb a week. Here's why:

» **IT DOESN'T TRIGGER A DIRECT RISE IN INSULIN**, the hormone that whisks glucose away from your bloodstream and stores energy in your cells.

» **WHEN INSULIN'S LOW** and your body doesn't have its usual source of fuel to draw on, it switches to burning the fat stored in cells instead - known as ketosis.

When fat is taken out of cells, the cells become smaller and lighter and - hey presto! - you get thinner.

» **EATING MORE FAT** and fewer carbs quashes your appetite. Fat's digested slowly, keeping you fuller for longer, and ketones act as appetite suppressants.

BUT IS IT HEALTHY?

Yes, says Dr Malcolm Kendrick, author of *The Great Cholesterol Con*. 'The thinking that saturated fat increases blood cholesterol and raises risk of heart disease is based on flawed studies from the 1950s,' he says. 'There's no real evidence linking saturated fat to heart disease. Some countries with the highest cholesterol levels have the lowest rates of heart disease.' Recent research has shown full-fat dairy foods, such as cheese and cream, may even protect your heart and lower the risk of type 2 diabetes. In fact, Kendrick argues that it's actually starchy carbs - not fat - that are to blame for our soaring levels of obesity. These foods push up insulin levels, encouraging your body to store fat and increasing your risk of heart disease and diabetes, he says.



SMART FAT TRICKS

- » Choose strongly flavoured cheeses as you won't need to use so much to get the flavour.
- » Bake, grill or steam, rather than frying or roasting.
- » Measure oil out with a teaspoon, rather than pouring straight from the bottle.
- » Swap butter, ghee and coconut oil for olive, rapeseed or sunflower oil.
- » Spread nut butter or avocado



- onto toast, instead of butter.
- » Choose lean cuts of meat and trim off fat and skin.

GET THE BALANCE RIGHT

But that doesn't necessarily mean we ought to be loading up on steak, Brie and clotted cream every day. 'Fatty foods are high in calories and are likely to lead to weight gain if you eat too many,' says registered dietitian Priya Tew. 'And we know that being overweight is, in itself, another risk factor for heart disease.' While there are some question marks over the original research connecting saturated fat with heart disease, there are lots of other studies that still show a strong link. 'It's not about either eating refined carbohydrates or fat - both are unhealthy in excess,' says Priya. 'And it's fine to include some red meat and full-fat dairy in a balanced diet, as

these foods contain some important nutrients. But you shouldn't eat too many of them.' The British Heart Foundation agrees - it still recommends women shouldn't eat more than 20g of saturated fat daily.

THE RIGHT CHOICE

What everyone agrees on, though, is that certain fats are health boosters. Foods rich in polyunsaturated fats, including omega-3 fatty acids, found in oily fish, along with rapeseed oil, olive oil, nuts and seeds, are all good to include. These fats have been shown to maintain levels of the healthy form of cholesterol that carries the unhealthy form out of the body. They can also help dampen inflammation in the body, lowering risk of a range of conditions, including heart disease and cancer.

THE FACTS ABOUT FAT

» SATURATED

Found in

Hard cheese, butter, lard, ghee, fatty meat, whole milk and cream, processed meat.

Eat it

In strict moderation - you shouldn't be consuming more than 20g of this type of fat a day.



» TRANS

Found in

Hard margarine, some biscuits, pastries, cakes and takeaways. It is also known as hydrogenated fat.

Eat it

Rarely or never - it's the most unhealthy.



» MONOUNSATURATED

Found in

Avocados, olives, olive oil, almonds, cashews, rapeseed oil.

Eat it

In moderation, but don't cut out altogether as, while high in calories, it can have a beneficial effect on your heart.



» POLYUNSATURATED

Found in

Oily fish, sesame oil, flaxseed, pine nuts, sunflower seeds, walnuts.

Eat it

In moderation, when they can improve your overall health.



What's your HEALTH personality?

Do you try every new health trend, or prefer to stick with what you know? Take our quiz to learn about your wellbeing attitude

Every month it seems there is a new exercise, piece of equipment or diet to try, and while many end up as just fads (set of dumbbell utensils, anyone?), others enter the mainstream (hello, Zumba!). But what's your attitude to this never-ending quest? Time to find out...

1 It's breakfast time and you're ravenous. You choose...

A A poke bowl. This Hawaiian dish (pronounced poh-keh) is the latest must-eat brunch item, consisting of rice topped with raw ingredients, such as coconut, papaya and berries.

B A healthy medley of fruit, veg and nuts, whizzed up in your trusted NutriBullet.

C The nutritious classic of porridge with honey and chopped banana.

2 After a stressful day, how do you like to unwind?

A A session with your adult colouring-in book.

B Going for a head-clearing 5km run around your local park.

C You chat it through with your partner, then run yourself a lavender-infused bath.

3 Your idea of a great workout is...

A You name it - Barry's Bootcamp, AcroYoga, HIIT training - you've tried it.

B The yoga class you've done for years.

C A good mix of cardio and strength-training to feel your best.

4 Which of the following pictures are you most likely to post on Instagram?

A A thrice-filtered snap of yourself in the warrior pose on the beach.

B What's Instagram?

C The inspiring sunrise view from your morning run.

5 How do you ensure you get a good night's sleep?

A With the CubeSensor in your bedroom. It monitors temperature, humidity and noise levels to optimise your slumber.

B By steering clear of gadgets and bright lights before bed and having a warm,

milky drink.

C You forgo that episode of *House of Cards* in favour of an early night - after a good eight hours, you know you'll feel fresh.

6 What are your thoughts on the paleo diet?

A Pah! You're all about 'peganism' right now, which mixes 75% fruit and veg (i.e. veganism) with 25% animal protein and fat (the paleo bit).

B It's just another silly fad.

C You could probably do with eating less dairy and carbs, but you won't sweat it.



YOUR RESULTS

MOSTLY As...

The Health Hipster

Research shows that one in three people follow diet and fitness fads* and you've certainly got your finger on the pulse (when it's not syncing your Apple Watch). It's great to be in the know, but don't get too consumed with keeping up - focus on finding something you really enjoy and makes you feel good.

Have you tried?

Rather than embracing whole trends, just pick out key elements that suit you. Instead of adopting the entire paleo diet, you could start eating more leafy greens and cut out processed food.

MOSTLY Bs...

The Routine Craver

You know what you like when it comes to your diet, exercise and health - and you're sticking with it. While it's great to have a strong sense of self, try shaking things up every so often to keep up your motivation. With exercise it can pay to be faddy, as chopping and changing your workout can stop you from hitting a plateau and significantly ramp up your fitness.

Have you tried?

Signing up for that barre class you've been curious about - you might just like it. And your body will certainly thank you for it.

MOSTLY Cs...

The Sensible Sort

You're all about common sense and striking a balance. You know what works for you, but you're happy to try new things that may boost your health, fitness and diet. You like to cherry-pick from different regimes to find your perfect wellbeing lifestyle. Go you!

Have you tried..?

Setting yourself an exciting new challenge (we've got plenty) to ramp up your routine.



7 You're most likely to say:
A 'This bone broth is delicious!'
B 'Now, where did I put my Jane Fonda workout VHS?'
C 'Moderation is key.'

8 How do you feel about health apps?
A Love them! Everything from mood trackers to mole checkers.
B You're curious, but never get around to downloading any.
C There are a couple you love, but you're not a slave to them.

9 When you feel a cold coming on, how do you tackle it?
A You head to deliciouslyella.com for an immune-boosting smoothie recipe.
B You stock up on your tried-and-tested formula of oranges, kiwis and echinacea.
C You get a few early nights.

10 Ever given meditation a try?
A Heck, yes! You can't wait for your next retreat in Sri Lanka.
B You tried it once, but you just felt silly.
C You've got the Headspace app and try to be mindful as much as possible.



Your **keep** **calm plan**

Feeling stressed and frazzled? Our easy-to-follow planner will help you stay zen all day



7.00

START THE DAY with a spot of mindfulness meditation, proven to beat anxiety and stress. Just sit quietly for 10 minutes (set the stopwatch on your phone so you don't keep looking at the time) and breathe in slowly through your nose, then out again. Focus on your breath. When thoughts creep in, just watch them drift away again.


7.30

HAVE A TENSION-BUSTING BREAKFAST. Try porridge made with almond milk, with 2tsp almond butter stirred in just before the end of cooking and topped with blueberries. The oats are high in nerve-soothing B vitamins and the almonds contain relaxation super-nutrient magnesium, while the blend of complex carbs and protein will keep your mood and energy steady.

8.00

CRANK UP THE RADIO while you get ready for work.

Listening to a burst of your favourite upbeat music triggers a surge of feelgood dopamine, dissolving sluggishness and stress, Canadian research has found.

8.30

TAKE A BRISK WALK, even if it's just part of the way to work - it will clear your mind, ready for the day ahead. Ideally go via some green space, such as a park or a stretch of woodland

- Scottish researchers found walking in nature helped people feel calm fast.

10.00

TROUBLESHOOT STRESS. If demanding emails or a difficult phone call are ramping up the tension, don't make the mistake of telling yourself you're having a bad day. This is what's known as a negative automatic thought and is guaranteed to lower your mood, says women's health expert Dr Alice Domar. 'Instead, tell yourself it's just a bad 15 minutes,' she says. This acknowledges the difficulties, but keeps them in perspective.

12.30

HIT A LUNCHTIME EXERCISE CLASS. Stress is a physical response, involving powerful hormones like cortisol and adrenaline - so to blitz it you need a physical activity. Working out can produce new neurons that help protect your brain from stress. The good

news? You can pick your favourite activity: yoga, strength training and cardio have all been shown to help. And keep at it - the calming effects

increase if you exercise consistently, shows research from the University of Colorado, US.

13.30

OPT FOR A SLOW-RELEASE LUNCH. 'Combine protein with complex carbohydrates, so that energy is released steadily through the afternoon,' says nutrition consultant Ian Marber. Try a wholegrain pitta stuffed with salad and mackerel.


16.00

PUT THE KETTLE ON - and make your cuppa peppermint tea. Too much caffeine can make you feel jittery and may disrupt your sleep later if you drink it in the afternoon. So swap your usual builder's brew for refreshing peppermint tea - the menthol it contains acts as a relaxant.

18.00

MEET UP WITH YOUR MATES. Having a laugh with friends is a surefire way to calm you. 'It gives you a sense of connection, which we know is important in stress management,' says stress expert Professor Sir Cary Cooper. However, don't be tempted to swig too many glasses of wine - research shows that drinking too much alcohol can actually prolong feelings of stress.

20.00

EAT A MEAL CONTAINING TURKEY, high in the amino acid tryptophan, which can help soothe you and encourage a good night's sleep. Want something sweet for afters? Finish up with plain yogurt topped with chopped dates, also high in tryptophan (and not too bad on the calorific front, either).


21.00

HAVE A BATH with a soothing essential oil blend. Lavender's the traditional calming oil, but you could also try jasmine, which has mild sedative properties, or bergamot, to help balance you. Or add a few drops of a blend like Neal's Yard Remedies Calming Aromatherapy Blend, £9.70/10ml.


22.00

MAKE A GRATITUDE LIST before bed. Writing down five things you're grateful for every week can improve your outlook on life within just two months - plus you'll sleep better, according to research from the University of Miami, US.

3 quick ways to chill out...



THE APP Calm (free on iOS and Android), has super-

relaxing guided meditations ranging from two to 30 minutes, plus soothing nature soundscapes to help you unwind.

THE TREATMENT The Elemis Poulitice-Powered Muscle Release massage, £115, targets stress-related knots the indulgent way - visit elemis.com for your nearest treatment room.

THE BOOK *The Miracle of Mindfulness* by Thich Nhat Hanh (Rider, £9.98) is the classic mindfulness meditation guide. Written by a Zen monk, it's simple and accessible.





FRIZZ FREE ***HAIR FAST***

Here's how to keep your hair sleek
and smooth, whatever the weather

THE BIG FRIZZ Q&A

Are certain hair types more prone to frizzing?

» Yes - coarse, wavy hair tends to be more porous, which can leave it prone to frizzing because the cuticle of hair with a natural wave or curl will start to twist as soon as moisture enters it. Damaged hair can look dry at the ends, which results in frizz, while ageing hair can be frizz-prone for different reasons, as it gets thinner and drier.

Can a haircut help?

» Yes, if your hair's frizzing because it's damaged. A cut snips off the dry ends. The right style can help 'big' hair sit flatter and look smoother but won't necessarily solve frizz.

Can styling make it worse?

» Overstyling with heated tools can dry your hair out. But if you have coarse, wavy hair, leaving it damp can actually cause it to puff out as it dries. Drying it thoroughly can leave it smoother.

Does conditioner help?

» Absolutely - and blast your hair with cold water after rinsing it out, to help seal the hair cuticle.

What styling tips help frizz?

» Look for dryers, straighteners and brushes with ionic technology - these help seal the cuticle as you dry. Go over hair with a round brush and hairdryer to smooth it - this even works on dry hair.

WHAT ABOUT A BRAZILIAN?

No, not that kind - we're talking about the Brazilian blow dry, sometimes called a semi-permanent blow dry, and the ultimate frizz beater. A smoothing straightening lotion is painted onto freshly washed hair, which is then blow dried and straightened. Leave it for 48 hours, wash, and even the thickest, waviest, frizziest mop is transformed into sleek, floppy, silky hair. The effects last two to three months and most women who try them become immediate devotees.

YOUR SMOOTH HAIR KIT

The shampoo

Garnier Ultimate Blends Sleek Restorer Shampoo, £2.79, is packed with coconut oil to soften.

The curl smoother

Want to keep your waves? Try Kérastase Nutritive Oléo-Relax Slim, £17.40, which leaves curls soft and manageable. Use it before drying or apply and let hair dry naturally.

The protector

John Frieda Frizz Ease Nourishing Oil Elixir, £9.99, nourishes your hair deep down - smooth through hair before you blow dry.

That's clever!

If your hair's prone to puffing out, look for shampoos and conditioners labelled 'moisturising' - these will help weigh hair down so the cuticle lies flatter.

The brush

A paddle brush is a must for fluff-prone hair - the Kent Airhedz Narrow Flat Pin brush, £7.95, smooths and straightens while protecting your scalp.

The conditioner

Pureology Super Smooth Condition Après Shampooing, £18.85, is free from harsh ingredients that dry hair out, and contains UV screens to stop sun-induced frizzing.

The polisher

Look for a serum that will smooth without making hair greasy. We love Percy & Reed Smoothed, Sealed & Sensational No Oil Oil for Thick Hair, £14.

THE ONE THING... that smooths my hair



'My GHD straightening irons are the best way to beat frizz.'
Lydia Higson



'I work a small amount of argan oil through wet hair before drying.'
Marguerite Hogg



'I swear by a keratin-based shampoo and conditioner.'
Lisa Ralston

Find your style, shop the look



BROWSE HUNDREDS OF ROOMS FOR INSPIRATION



FIND STYLE IDEAS



SHOP THE LOOK



*the***ROOM***edit.com*

theROOMedit is brought to you by the Time Inc. (UK) Ltd Homes Network

Eat well!

THE
gluten
free
ISSUE!

Healthy » Fast » Delicious!
» 23 gluten-free ideas

The best no-gluten bakes



» Chocolate brownie layer cake



Delicious
low-cal dinners

» Tomato,
mozzarella
& basil
linguine

Speedy treats!



» Jerk chicken
& avocado salad

» We help you choose the healthy option, whatever your diet

Low
cal

Mains under 500
Snacks/desserts
under 150

Low
fat

Under 14g
of fat for
main meals

Low
sugar

Less than 5g
of added sugar
per serving

Low
salt

Contains 1.5g
of salt or less
per serving

High
protein

At least 20%
of cals come
from protein

High
fibre

6g (or more)
of fibre
per portion

Low
sat fat

Less than 3g
of saturated
fat per serving

Gluten
free

Contains
no gluten
products

2

The portions of
fruit and/or veg
per serving



Why go gluten free?

This issue, Eat Well has got rid of gluten. But why is this type of diet so popular? And can it help you?

Think you'd benefit from eating fewer foods containing gluten? You're not alone. Stars such as Victoria Beckham, Zoey Deschanel, Miley Cyrus and Gwyneth Paltrow have all revealed that they avoid this common protein, found in wheat, barley and rye. And according to the Food Standards Agency, the gluten-free industry is now worth over £238 million and grew by over 15% from 2013 to 2014. In fact, one in five of us regularly buys gluten-free, citing weight loss, digestive health and nutrition as reasons.

WHAT IS GLUTEN?

It's what gives foods like bread and pasta their springy texture, and helps baked goods stay fresh and moist. But for a number of reasons, certain people have to - or prefer to - avoid it.

COELIAC DISEASE

One in 100 people in the UK suffer from this autoimmune disease. If you are one

of them, your immune system has an abnormal reaction to gluten, causing damage to the lining of your gut. It often runs in families. Symptoms include diarrhoea and/or constipation and excessive wind, persistent nausea and vomiting and fatigue. If you have any of these, see your GP. Find out more at www.coeliac.org.uk

GLUTEN SENSITIVITY

Some people who don't have coeliac disease still experience symptoms such as pain, bloating, lethargy and fatigue. If you have a sensitivity to gluten you

may not need to avoid it entirely - cutting down may suffice.

IRRITABLE BOWEL SYNDROME (IBS)

A common condition causing pain, bloating, constipation and/or diarrhoea. Sufferers often follow a diet called the FODMAP plan. This reduces intake of short-chain carbohydrates that ferment in the gut, triggering symptoms. While gluten itself isn't a FODMAP, it's usually found in foods - like wheat, barley and rye - that do contain FODMAPs.

5 SURPRISING SOURCES OF GLUTEN

- » Soy sauce
- » Sausages
- » Gravy powder
- » Beer, lager & ale
- » Flavoured crisps/chips



While not all types and brands of these will be no-go, many will, so buyer beware. Allergens including gluten-containing grains, wheat, barley, rye and oats have to be emphasised (highlighted or bolded) on the ingredients list. You can also use the Food and Drink Directory at www.coeliac.org.uk

The best gluten free



BREAD

Genius Original Recipe Brown Loaf, £2.60/360g, geniusglutenfree.com



LAGER

Celia Organic Lager, £8 for four, Ocado and Oddbins



TREAT

9BAR Raspberry Cocoa Kick bar, £2.49 for five, health-food shops



FLOUR

Clearspring Organic Brown Rice Flour, £2.39/375g, clearspring.co.uk

SAVOURY CRACKERS

Nairn's Cracked Black Pepper Wholegrain Crackers, £1.70/114g, Waitrose



That's clever!

Most gluten-free flours contain rice flour, which absorbs more liquid, so if you're using them for baking, add some extra liquid. Making bread? Add xanthan gum for better texture.



Quiz

IS GLUTEN A PROBLEM FOR YOU?

If you have noticed any dietary or health issues you think may be connected to gluten, take our test to find out more...

1 When I eat bread...

- A** I quickly get bloated and can have an upset stomach
- B** I feel bloated and lethargic a bit later
- C** I don't - it makes me feel fat and ill

2 Do these symptoms stop if you switch to free-from products?

- A** Yes
- B** No - they have similar effects
- C** I think so - I'm not sure

3 Which group best matches your symptoms?

- A** Mouth ulcers, sudden weight loss, thinning hair, fatigue
- B** Headaches, joint pain, wind
- C** Bloating and indigestion

4 Do symptoms come and go?

- A** No, they occur every time I eat foods containing gluten
- B** Yes, they vary and don't always come on as soon as I've eaten certain foods
- C** I just always feel bloated and heavy

Mostly As

It's relatively rare (so don't panic), but coeliac disease could be a possibility. Talk to your doctor who may order a blood test and refer you to a specialist if they suspect this or another medical condition. If diagnosed, the only cure is to avoid gluten forever. As well as free-from products, you can switch to naturally gluten-free foods.

Mostly Bs

You may have a wheat intolerance, so you suffer symptoms (but not an immune reaction) when you eat foods containing wheat, possibly several hours afterwards. You may lack enzymes that digest wheat, or you might have a sensitivity to carbohydrates called FODMAPs that ferment in the gut. Ask a dietitian for help with an elimination diet.

Mostly Cs

Perhaps gluten isn't the culprit? Stress can play a role in bloating, pain, constipation and diarrhoea. Try keeping a food diary to see if you can spot any connections between what you eat and the way you feel. See your doctor if it continues.

#InstaSlim

» Give your gluten-free weekday dinners a tasty twist – all under 410 cals!



Tomato, mozzarella & basil linguine

YOU WILL NEED

- » Few squirts Frylight olive oil
- » 3 courgettes, sliced
- » 200g gluten-free linguine
- » 3 garlic cloves, crushed
- » 400g can cherry tomatoes
- » 2tsp balsamic vinegar
- » Dash Tabasco
- » 2tbsp capers

- » 2 x 150g packets mini mozzarella
- » Several basil leaves

WHAT TO DO

1 Squirt a non-stick pan with Frylight, add the courgettes and fry for a few mins over a low heat, turning as needed.

2 Cook the linguine in boiling water, according to pack instructions.

3 Add the garlic, tomatoes, balsamic, Tabasco and capers to the courgettes and simmer for a few mins.

4 Drain linguine and toss together with tomatoey sauce. Add mozzarella, season and serve with basil.

Gluten free

2

408 calories
17g fat (10.5g sat)
40g carbs

Prep time **5 mins**

Cooking time

15 mins

Serves **4**

Slimmer's salmon with pea & butterbean mash



YOU WILL NEED

- » 4 salmon fillets
- » 200g frozen peas
- » 400g can butter beans, drained
- » 150g half-fat crème fraîche

Low
sat fat

Gluten
free

High
protein

433 calories
24g fat (2g sat)
13g carbs

Prep time **5 mins**

Cooking time

10 mins

Serves **4**

WHAT TO DO

1 Season the salmon, then grill on a medium heat for 10 mins, turning as needed.

2 Meanwhile, put the peas into a bowl with 2tbsp water and microwave on High for 3 mins.

3 Put the drained butter beans into a processor, add the drained peas and the crème fraîche. Season generously.

4 Whizz the beans and peas together to make a smooth mash, put into a bowl and microwave on High for 3 mins to warm through. Serve with the salmon, plus a lemon slice and some basil.

Super simple Spanish sausage Bolognese

YOU WILL NEED

- » 100g gluten-free penne pasta
- » 100g chorizo, sliced
- » 1 garlic clove, crushed
- » 100ml red wine
- » 395g can cherry tomatoes
- » 200g button mushrooms, sliced

WHAT TO DO

1 Cook the pasta in boiling salted water, according to pack instructions.

2 Meanwhile, dry-fry the chorizo in a non-stick pan for a few mins, turning until crispy.

3 Add the garlic, red wine, cherry tomatoes and mushrooms to the pan and simmer for 5 mins. Serve over the drained pasta.

Gluten
free

2

398 calories
13g fat (5g sat)
42g carbs

Prep time **10 mins**

Cooking time

12 mins

Serves **2**



'Posh nosh' butternut & goats' cheese tortilla



YOU WILL NEED

- » Few squirts Frylight olive oil
- » 1 red onion, sliced
- » 350g prepared butternut squash pieces
- » 6 eggs, lightly beaten
- » 120g goats' cheese, sliced
- » 3tbsp chives, chopped

WHAT TO DO

- 1 Squirt a non-stick pan with Frylight, add the onion, butternut squash and 2tbsp water, then fry for 10 mins to soften.
- 2 Pour in the eggs and cook for a further 5 mins. Heat the grill.
- 3 Add the goats' cheese and chives to the pan, cook for a couple of mins, then pop under a hot grill for a few mins to firm up.

High protein

Gluten free

1

366 calories
24g fat (10g sat)
10g carbs

Prep time **10 mins**

Cooking time

20 mins

Serves **3**

Speedy pepper & spinach spaghetti

YOU WILL NEED

- » 1 bag of 5 peppers
- » 200g gluten-free spaghetti
- » 200g frozen leaf spinach
- » 2 garlic cloves, crushed
- » Finely grated zest and juice 1 lemon

WHAT TO DO

- 1 Pierce the bag of peppers a couple of times. Put into the microwave and cook on High for 5 mins.
- 2 Meanwhile, cook the spaghetti in boiling salted water for 10 mins until tender, yet with a slight bite.
- 3 Put the spinach into a bowl with the garlic and microwave on High for 3 mins.

4 Tip the spinach into a sieve resting over a bowl and use a potato masher to squeeze out all the juice.

5 Carefully remove the peppers from the microwave. Cut off the stalk end and pull out with the seeds. Remove the skin and slice.

6 Drain the spaghetti, add the spinach and peppers, season generously and toss together with the lemon zest and juice.

Low sat fat

Gluten free

2

244 calories
2g fat (0.5g sat)
40g carbs

Prep time **10 mins**

Cooking time

15 mins

Serves **4**



Cheat's quickie cottage pie



YOU WILL NEED

- » 400g minced beef
- » 400g chunky gluten-free lentil and vegetable soup
- » 2tbsp gluten-free tamari soy sauce
- » 2 x 450g packets Cheddar mash

WHAT TO DO

- 1 Heat the oven to 220C, gas 7. Fry the mince in a non-stick pan for 10 mins to brown, stirring as needed.
- 2 Season and stir in the soup. Splash in the tamari sauce.
- 3 Tip the mince mixture into an ovenproof dish. Spoon on the Cheddar mash and bake for 20 mins until piping hot and golden.

High
protein

Gluten
free

320 calories

26g fat (13g sat)

32g carbs

Prep time **5 mins**

Cooking time

30 mins

Serves **4**

Easy cheesy bacon & pea risotto

YOU WILL NEED

- » 175g pack 4-cheese risotto (we used Riso Gallo Risotto Pronto)
- » 75g smoked lardons
- » 100g frozen peas
- » 20g Parmesan, grated

WHAT TO DO

1 Put 450ml boiling water into a large pan, tip in the pack of risotto rice and cook for 7 mins.

2 Meanwhile, fry the lardons in a dry frying pan for 5 mins until golden. Add the lardons and peas to the rice and cook for 5 more mins until the rice is tender and most of the liquid has been absorbed.

3 Serve with a sprinkle of grated Parmesan.

Gluten
free

Low
sat fat

327 cals

10g fat (3.5g sat)

44g carbs

Prep time **5 mins**

Cooking time

20 mins

Serves **3**



CAULIFLOWER

The surprising new superfood!

» Cheap, easy to cook and nutrient-rich, no wonder cauliflower is the latest healthy miracle ingredient

What's good about it?

» Very low calorie - a third of the calcs of potatoes
» It's rich in vitamin C, essential for a healthy immune system. Around a third of a cauliflower head gives you your daily dose
» Low GI, meaning the natural sugars are released slowly, keeping you feeling fuller for longer
» It contains phytonutrients, which help activate the enzymes that process and remove unwanted toxins from the body

» Good for digestive health - high in fibre to keep your digestive tract moving
» Rich in antioxidants, which fight the effects of free radicals on the body's cells
» Cheap (under £1) and easy to cook, too

Easy cauliflower ideas

» **Cauliflower steaks** Cut off the outer leaves, then cut into 1½-2cm steaks through the thickest part. Fry for 2 mins on each side to brown, then finish in a hot oven for 10-15 mins. Fry crushed garlic, add lemon juice, capers and chopped parsley, then drizzle over to serve.

» **Clever cauli couscous** Rinse and dry ½ can chickpeas, toss in olive oil, cumin and chilli powders and roast for 15 mins at 220C, gas 7. Pulse ½ cauliflower in a processor until it resembles couscous, mix in a little olive oil, chopped herbs, lemon juice and a sprinkle of za'atar spice mix and the crispy chickpeas.

» **Creamy low-carb mash** Steam a whole cauliflower for 5-10 mins until tender; drain. Mash with butter, mustard, chives and black pepper.

» **Low-carb pizza** Blend ½ cauliflower; microwave on High for 5 mins. Wrap in a towel and squeeze out any excess water. Mix with 1 beaten egg, grated Parmesan and a pinch of oregano. Spread onto a lined baking sheet to make a 23cm round base. Drizzle with olive oil and cook for 10 mins at 200C, gas 6. Spread over tomato purée, add your choice of toppings; cook for 5 mins.



Clever cauli couscous



Get cooking!

Cauliflower & Parmesan soup

YOU WILL NEED

- » ½tbsp oil
- » 1 medium onion, chopped
- » 2 garlic cloves, crushed
- » 1tsp ground coriander
- » 850g cauliflower florets, roughly chopped
- » 1 litre gluten-free chicken or vegetable stock
- » 2 sprigs thyme
- » 50g Parmesan, finely grated
- » Fresh thyme and extra Parmesan, to serve, if you like

WHAT TO DO

- 1** Heat the oil in a large saucepan over a medium heat; cook the onion until lightly browned, stirring occasionally. Add the garlic and coriander, then fry for 1 min.
- 2** Add the cauliflower, stock and thyme to the pan, bring to the boil and simmer for

10-12 mins, or until the cauliflower is tender. Allow to cool slightly. Remove the thyme, then purée the cauliflower using a stick blender. Add the Parmesan, season well and heat through for 2-3 mins. Sprinkle over some thyme and Parmesan to serve.

Low fat
Gluten free
1

193 calories
7g fat (3.5g sat)
8g carbs
Prep time **5 mins**
Cooking time
20 mins
Serves **4**

Squash & cauliflower bake

YOU WILL NEED

- » 1 butternut squash, peeled, deseeded and cut into 4cm cubes
- » 2tbsp olive oil
- » 1 cauliflower, cut into florets
- » 200g green beans

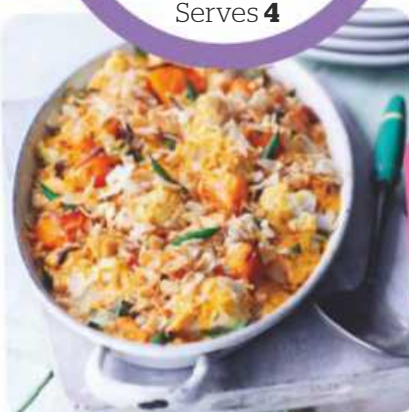
- » 500g Greek-style yogurt
- » 3tbsp korma curry paste
- » 3tbsp mango chutney
- » bunch coriander, chopped
- » 4 poppadoms, crushed (omit, if you want a gluten-free dish)

WHAT TO DO

- 1** Heat oven to 200C, gas 6. Put the squash in a large ovenproof dish and mix with the oil. Roast for about 30 mins.
- 2** Boil the cauliflower for 5 mins until tender, add the green beans for the final 2 mins, then drain. Mix with the squash.
- 3** Combine yogurt, curry paste, chutney and coriander, then drizzle over the veg. Top with poppadoms and bake for 10 mins.

Gluten free
High protein
3

419 calories
22g fat (6.5g sat)
34g carbs
Prep time **10 mins**
Cooking time
40 mins
Serves **4**



#fitandwellfood



Use this hashtag to share your cauliflower creations with us on Instagram
@fitandwellmagazine

Our best gluten-free bakes!

» No need to miss out on these beautiful baked goodies with these genius recipes...



Gluten
free

329 calories

18g fat (8g sat)

34g carbs

Prep time **30 mins**

Cooking time **35 mins**

+ cooling

Serves **20**

Chocolate brownie layer cake

YOU WILL NEED

- » 275g gluten-free dark chocolate
- » 200g unsalted butter
- » 300g light muscovado sugar
- » 1tsp vanilla extract
- » 200g rice flour, sifted
- » 1tsp gluten-free baking powder
- » 200g ground almonds
- » 225ml skimmed milk
- » 500g vanilla quark
- » 150g blueberries
- » 150g raspberries
- » 1tbsp chocolate curls

WHAT TO DO

- 1 Heat the oven to 180C, gas 4. Grease and base line 3 x 19cm round sandwich tins. Melt the chocolate and butter in a saucepan over a low heat. Turn off heat, stir in the sugar and vanilla extract.
- 2 Fold in the flour, baking powder, almonds and milk. Divide mixture between tins

and bake for 35 mins. Cool in tins.

- 3 Upturn 1 cake onto a cake stand, spread over a third of the quark, top with second cake and another layer of quark. Top with final cake and quark.

- 4 Sprinkle over blueberries, raspberries and chocolate curls to decorate.

Squidgy choccy mousse & almond meringue roulade

YOU WILL NEED

- » 4 egg whites
- » 225g golden caster sugar
- » 2tsp wine vinegar
- » 50g flaked almonds
- For the filling**
- » 225g gluten-free dark chocolate
- » 2 large eggs, separated
- » 250g 0% fat Greek yogurt
- » 250g raspberries

Gluten
free

233 calories
9g fat (4g sat)
32g carbs

Prep time **30 mins**
Cooking time **30 mins**
+ cooling
Serves **12**

WHAT TO DO

1 Heat the oven to 170C, gas 3. Line a 30cm x 20cm Swiss roll tin with baking parchment. Whisk the egg whites to stiff peaks, then gradually whisk in the caster sugar 1tbsp at a time. Whisk in the wine vinegar.

2 Spread the meringue evenly into the tin, scatter over the almonds and bake for 30 mins. Turn out onto a piece of baking parchment and peel away lining paper.

3 Melt chocolate in a heatproof bowl over a pan of simmering water. Remove from the heat, reserving 1tbsp. Whisk 2 egg whites until softly peaking. Fold in egg yolks, yogurt and egg whites into chocolate.

4 Spoon the mousse over the meringue. Scatter over most of the raspberries. Roll up, using parchment, starting at the short end. Top with remaining raspberries and drizzle with chocolate.



Show us yours!

This month's shout outs on Twitter and Instagram came up with these beauties...



» Gluten-free hazelnut choc chip cookies by Aimee Ryan @wallfloweraimee



» Gluten-free pancakes by Helena Brady @mhebi01



» Gluten-free chia seed pudding by Mani Lea Blevins @mblev



» Gluten-free peanut butter cookie dough bake by Lisa-Jane Holmes @wildcatfit

#fitandwellfood



Want to appear here? Use this hashtag to share your healthy puds on Instagram @fitandwellmagazine

7 smart & speedy gluten-free treats

»We've given some of our fave dishes a 'no gluten allowed' twist...

Mediterranean feta-stuffed roast lamb

» **Brilliant for** a tasty protein fix

» Combine 100g crumbled feta with 1tsp oregano leaves, 100g drained and chopped pitted black olives, 25g chopped sunblush tomatoes and 20g pine nuts. Remove string or net from 1kg boneless leg of lamb and open out. Spread stuffing over meaty side. Tie up to secure, then roast at 180C, gas 4 for 1 hr 10 mins until lamb is pink.

High protein Low cal Gluten free

347 calories
22g fat (9g sat)
2g carbs

Prep time **5 mins**
Cooking time
25 mins
Serves **6**



Easy-peasy fab fish paella

» **Brilliant for** boosting your energy

» Heat a large frying pan (with lid) or wok with a few squirts of Frylight olive oil spray. Add **1 chopped onion** and **2 crushed garlic cloves** with **1 deseeded and chopped red pepper** and fry for a few mins. Tip in **400g can tomatoes**,

900ml gluten-free vegetable stock, **2 large pinches saffron** and **200g easy cook long grain rice**. Season generously, stir, cover, bring to the boil and cook for 10 mins. Add **250g chunks cod fillet**, **250g raw prawns** and **250g green beans**, then cover and cook for 5 mins. Season and serve immediately with **parsley** and **lemon wedges**.

Low fat Low sat fat Gluten free

393 calories
8g fat (1g sat)
45g carbs

Prep time **10 mins**
Cooking time
20 mins
Serves **4**

Jerk chicken & avocado salad

» **Brilliant for** glowing skin

» Sprinkle **4 chicken breasts** with **1tbsp jerk seasoning** and **juice 1 lemon**. Cover and chill for 2 hrs for flavours to intensify. Cut **2 corn on the cob** in half. Spritz corn and chicken with Frylight olive oil spray. Cook the chicken and corn at 200C, gas 6 for 20 mins. Meanwhile, quarter **2 ripe and ready avocados**, then peel and

slice. Use a sharp knife to cut the roasted corn away from the cob. Pile separated leaves from **2 Little Gem lettuces** into a bowl with **4 celery stalks**, **200g halved cherry tomatoes**, the avocado, chicken and corn. Drizzle with **balsamic vinegar** to serve.

High protein 2 Gluten free

360 calories
14g fat (4g sat)
45g carbs

Prep time **20 mins**
Cooking time
20 mins
Serves **4**



Hunger-busting brunch

» **Brilliant for** keeping you fuller for longer

» Fry **100g sliced chorizo sausage** in a non-stick pan for 2 mins. Add **1 sliced onion** and **2 deseeded and chopped red peppers**. Cook for a few mins to soften. Add **1tsp paprika**, **2 x 400g cans tomatoes**, **1tbsp red wine vinegar** and **1tbsp gluten-free tomato ketchup**. Season and simmer for 15 mins. Make 4 'holes' in the pan and crack in **4 eggs**, cook for a few mins, then pop under the grill until the eggs are just firm. Sprinkle with a few **coriander leaves**, to serve.

High protein Low cal Gluten free

229 calories
13g fat (4g sat)
13g carbs

Prep time **5 mins**
Cooking time
25 mins
Serves **4**

THE gluten free ISSUE!



Gluten
free

270 calories
15g fat (8g sat)
29g carbs
Prep time **20 mins**
Cooking time
15 mins
Makes **12**

Dinky gluten-free sponge cakes

» **Brilliant for** all the family

» Heat the oven to 190C, gas 5. Grease a 12-cup mini sandwich tin (try Lakeland). Tip 175g softened butter into a bowl with 175g caster sugar, 3 large eggs, 175g gluten-free self-raising flour, 75ml milk and a few drops of vanilla extract. Beat together

until smooth with an electric mixer until combined. Divide the mixture between the cups, then bake for 15 mins until risen and pale golden. Allow to cool, then cut each sponge in half. Spread 200g quark over the sponge bases, top each with 1tsp lemon curd, then put on the sponge tops. Dust cakes with icing sugar; halve 6 strawberries and use to top each cake.

Blackberry bread and butter pudding

» **Brilliant for** a low-fat pudding

» Spread 400g sliced gluten-free bread with 4tbsp high-fruit raspberry jam. Halve and arrange in an ovenproof dish, sprinkled with 250g blackberries. Whisk together 3 eggs, 450ml almond milk, 1tbsp Truvia and 1tsp vanilla bean paste. Pour over the bread, then bake at 180C, gas 4 for 30 mins until just set.

Gluten
free

Low
fat

Low
sat fat

191 calories
4g fat (1g sat)
32g carbs
Prep time **5 mins**
Cooking time
25 mins
Serves **8**



Cranberry muesli bars

» **Brilliant for** a pre-exercise energy boost

Gluten
free

231 calories
13g fat (6g sat)
26g carbs
Prep time **10 mins**
Cooking time
25 mins
Makes **20**

» Heat the oven to 180C, gas 4. Put 150g butter, 50g golden caster sugar and 200g agave syrup in a pan and heat until the butter has melted, stirring from time to time. Turn off the heat. Tip in 275g gluten-free porridge oats, 100g gluten-free self-raising flour, 50g desiccated coconut, 70g dried cranberries and 150g mixed seeds, and combine. Spoon into an 18cm greased square tin and press down well. Bake for 25 mins until just golden brown around the edges. Leave to cool in the tin, then cut into slices.

Meal makeover

GLUTEN-FREE PANCAKE WITH BLACKBERRIES



» THE ORIGINAL VERSION

Made with whole milk and plain flour, then fried in butter and topped with clotted cream - no wonder this pancake is 792 cals!

WHAT WE DID

We switched to skimmed milk and gluten-free flour, swapped the butter for Frylight and clotted cream for 0% fat-free yogurt.

THE DIFFERENCE

	ORIGINAL VERSION	HEALTHIER VERSION
Calories	792	403
Protein	11g	21g
Carbs	55g	67g
Fat	57g	5g
Saturates	35g	1g
Fibre	5g	6g
Sugar	19g	12g
Salt	0.6g	0.9g

» OUR HEALTHIER VERSION

YOU WILL NEED

- » 300g gluten-free plain flour
- » 1tsp gluten-free baking powder
- » ½tsp bicarbonate of soda
- » 2 medium free-range eggs
- » 250ml skimmed milk
- » 1tsp vanilla extract
- » Frylight
- » 300g blackberries
- » ½-2tsp Truvia sweetener
- » 2tbsp crème de cassis (optional)
- » 300g 0% fat-free Greek yogurt

WHAT TO DO

1 In a large bowl sieve the flour, baking powder and bicarb of soda, then make a small well in the centre.

2 Lightly beat the eggs in a jug, then mix with the milk and vanilla extract. Gradually whisk into the flour until you have a smooth batter. Leave to stand for 10 mins.

3 Heat a non-stick frying pan, spray with Frylight and add large tablespoons of batter. Cook for 2-3 mins on each side. Keep warm while you cook

the remaining pancakes.

4 Put the blackberries into a bowl. Sprinkle on the Truvia to taste and 1tbsp crème de cassis, if using. Gently stir in the Greek yogurt.

5 Arrange pancakes on 4 plates and spoon over the blackberry yogurt. Drizzle with the rest of the crème de cassis, if using.

Gluten free Low sat fat Low fat

403 calories

5g fat (1g sat)

67g carbs

Prep time **5 mins**

Cooking time

25 mins

Serves **4**



126 calories

Morrisons M Kitchen Really Good Puds Chocolate Sundae (75g)



147 calories

Müller Püd Corner (85g)



181 calories

Asda Chosen By You Strawberry Trifle (125g)



149 calories

Tesco Finest Belgian Chocolate & Orange Blossom Dessert (95g)

Dessert? Yes, you can!

» If you think you have to skip pud, think again. These after-dinner delights are under 200 cals each!



162 calories

Nestlé Milkybar Smooth and Creamy White Chocolate Dessert (70g)



169 calories

Sainsbury's Be Good To Yourself Lemon Cheesecake (90g)



160 calories

The Chia Co Chia Pod Mango (170g)



199 calories

Gü Chocolate Ganache Mini Pud (45g)



190 calories

Clarks Chocolate & Salted Caramel (60g)



135 calories

Tesco Healthy Living Banoffee Muffin Dessert (160g)



143 calories

Sainsbury's Be Good To Yourself Chocolate Muffin Dessert (100g)



106 calories

Alpro Heavenly Velvet Vanilla Dessert (125g)



186 calories

Waitrose Rhubarb Fruit Fool (120g)

feel**better**FOOD

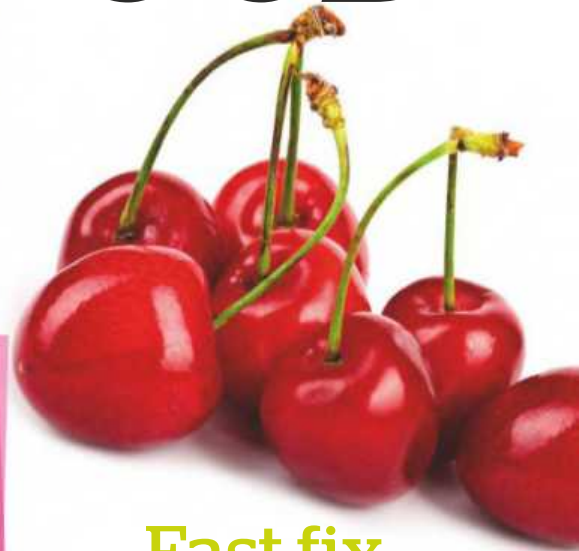


PULL THE OTHER ONE

Looking to reduce your red meat intake at barbecues? Try Asda's new Butcher's Selection Classic BBQ Pulled Chicken Crown, £3.60. The smoked meat is marinated in a blend of herbs and spices and then



smothered in a sweet barbecue sauce. And it's only 176 cal per 100g. Winner!



Fast fix

Eating just 10 cherries will give you 10% of your RDA of fibre at just 40 calories.

They're also a great source of heart-healthy potassium and anti-ageing antioxidants and vitamins, including A, C and B6.

5%

That's all the fat in Wyke Farms' Fabulous 5 mature cheddar. Great flavour, without the guilt!

Simple swap

Cut almost half the sugar by switching your afternoon snack



2 McVitie's
Ginger Nuts

**SAVE 2.8g
GRAMS OF SUGAR**



2 Nairn's Stem
Ginger Oat Biscuits

JUICE IT!

Savse has teamed up with author and nutritionist Madeleine Shaw (right) for its new 'Get the Glow' cold-pressed juice range. Sip on Protein Punch, with pineapple, lime and coconut, to repair muscles; melon, apple, seaweed and fennel in Sea Green to beat bloating; and Raspberry Beets, which is packed with beetroot, raspberry and ginger, to ramp up your energy.



#fitandwellfood



Use this tag to share your favourite buys with us on Instagram
[@fitandwellmagazine](https://www.instagram.com/fitandwellmagazine)

#FITANDWELLWISDOM 'Champagne makes you feel like it's Sunday and better days are just around the corner.' Marlene Dietrich

Are you doing these exercises **WRONG?**



Your trainer
Chloe Madeley

Personal trainer and presenter Chloe Madeley looks at the most common gym mistakes – and how to fix them

Mistake #1 **Out of balance plank**

» **WHAT YOU'RE DOING WRONG** The most common mistake with the plank is not using the 'muscle to mind connection', so that you end up exhausting a completely different muscle group to the core, which should be the main focus here.

» **WHY IT MATTERS** If you plank wrong, you can end up bypassing the core entirely and hitting a different muscle group altogether, such as shoulders, legs or arms. While this isn't terrible, most people do planks in order to work their core.

» **THE FIX** This is pretty simple – really think about your core as you do your plank. If you engage your core mindfully, you should feel the burn there, and get the full benefit of the exercise.



Mistake #2 Hip heavy push-up

» **WHAT YOU'RE DOING WRONG**

If your hips lower to the floor when you're performing push-ups, you are absolutely doing them wrong. Push-ups are designed to work your arms and chest and that's where the challenge should be.

» **WHY IT MATTERS** Firstly, you won't get the result; secondly, you risk hurting your lower back.

» **THE FIX** You want your back to be straight and solid, like a plank - and make sure you can feel the movement in your arms and chest. If you lack the arm strength to do a full push-up at the moment, it's fine to do a modified version with your knees on the floor.



Mistake #3 The knee-risk squat

» **WHAT YOU'RE DOING WRONG**

Lots of people lean forward instead of squatting down when they do this exercise, plus women in particular find that their knees invert.

» **WHY IT MATTERS** Aside from the fact that you won't be working your quads and bum as much as you should be, by leaning forward in the exercise you can also seriously damage your back.

» **THE FIX** Remember that a squat is essentially sitting down and standing up, not leaning forward and then standing upright. So keep your back straight and lower your body via your hip and knee joints. When you reach a position with thighs parallel to the floor, slowly stand back up again. Plus, make sure you watch your knees as you lower down into the squat. You always want to make sure they are directly above your toes and forward facing.



Mistake #4 Old-school sit-ups

» **WHAT YOU'RE DOING WRONG**

Think those ab crunches are going to leave you with a flat tum and a six-pack? If you're doing them wrong, forget it. The most common mistake people make is sitting all the way upright - but that's not the challenge with ab crunches and shouldn't be the focus of the exercise.

» **WHY IT MATTERS** Crunches are designed to hit your abdominal muscles, but you don't get the full benefit of the exercise if you're doing 'old-school' full sit-ups.

» **THE FIX** When you do a crunch, remember the focus should be on how your abs feel, not on how far you sit up. You only need to do little pulses, crunching your mid section and releasing, over and over. You'll feel those muscles working a lot harder and can probably cut the number you're doing in half.

Mistake #5 The lopsided lunge

» **WHAT YOU'RE DOING WRONG**

The most common mistake with lunges is not lunging low enough with your back knee, with the front knee coming too far forward over your front foot.

» **WHY IT MATTERS** Lunges are designed to hit your quads, the muscles at the front of your thighs, and your glutes (otherwise known as your bottom). If you get the form wrong, you'll only partially work your quads, and you can kiss your booty workout goodbye.

» **THE FIX** When you lunge, take a really giant stride forward. You want your back knee to drop almost to the ground, just shy of touching it, and your front knee should be directly above your front toes.

Mistake #6 Too easy bicep curls

» **WHAT YOU'RE DOING WRONG**

The most common mistake with bicep curls is using extremely light

weights, which really won't get you any results at all. You may also be performing the curl and then letting the weight drop down.

» **WHY IT MATTERS** Simple - you won't tone your arms if your weights are too light. And letting the weight drop means you're not

doing the exercise properly. The eccentric movement (ie lowering the weight) is just as important as the concentric movement (that's the curl itself).

» **THE FIX** Lift heavier weights! You are not going to 'bulk' your biceps by going heavy, so cast aside those worries. Choose a weight that you feel challenges you. You should be able to manage eight to 12 reps, three to four times on each arm. Perform any and all weighted exercises, especially curls, with a slow concentric movement and a slow eccentric movement, so you really challenge the muscle.



Lisa Snowden @Lisa_Snowdon
 "Sherie!ou4: @Lisa_Snowdon I blame today's lunch entirely on you! Quinoa, rocket, evocado and tuna."



Gwyneth Paltrow @GwynethPaltrow
 from my kitchen: poached eggs, fresh guac & pico de gallo over a quesadilla in support of @jamieoliver's #FID2014



missjenjomet
 seabass, rustic garlic and rosemary skin on potatoes... Tomatoes and spinach... Yep just tomatoes n spinach

INSTA healthy!

These celebs share their fave meals... and provide us with some inspiration!



Holly Willoughby @hollywillis
 Might be a tiny bit hungover... #



glamzin
 Ooh I could eat this now.



therealgerihalliwell My friend has made lunch .. Effortlessly . Burratta



Davina McCall @TheresDavina
 "shilpapper: @ThisIsDavina chicken chorizo chickpea, but substituted kale with spinach! Tastes delicious " greatidea



lucymeck1 1st attempt at homemade burgers 🍔
 #EatWellwithLucy #Healthy #RealFood #ResultswithLucy



Jessica Ennis-Hill @J_Ennis
 Had a lovely pizza for dinner. Does eating this now cancel that out...@louise_bloor



Shake it out!

Love Zumba? Looking for a new challenge? The next generation of dance-based workouts has landed. It's time to find your fitness groove...



BOKWA



Bokwa

What is it? A blend of South African beats and body movements - the name comes from 'bo' for boxing and 'kwa' for Kwaito, a traditional South African war dance.

What happens during a class?

It starts with a simple warm-up before moving on to set sequences combining marching, punching, kicking and plenty of shouting. The moves are easy to follow and each sequence has its own unique hand signal, so you just need to watch the instructor to see what's coming next.

Where can I do it? Learn the basic moves and find local classes at bokwafitness.com. Prices vary, but expect to pay around £5-£7, and wear whatever you can stomp in!

Balates

What is it? A blend of ballet and Pilates, with some low-impact body conditioning thrown in. You'll get all the toning and tightening effects of Pilates, plus the flexibility and grace of ballet

What happens during a class?

You'll be taken through a series of short but intense dance routines designed to target specific muscle groups, before moving on to mat-based Pilates exercises to work the smaller muscles. There's no complicated choreography, so anyone can take part. You don't need to wear a tutu, but clothes you can really move in are a must.

Where can I do it? You can find classes at Gymbox, London; gymbox.com, in Bristol; pilatesnearyou.co.uk, and Sweaty Betty, Brighton; sweatybetty.co.uk or elysiumdance.co.uk. Prices vary.



Seen on Screen

What is it? If you ever made up a dance routine in your bedroom, you'll love this. Learn how to dance like Beyoncé, Britney or Rihanna with professional dancers who've worked with the stars themselves.

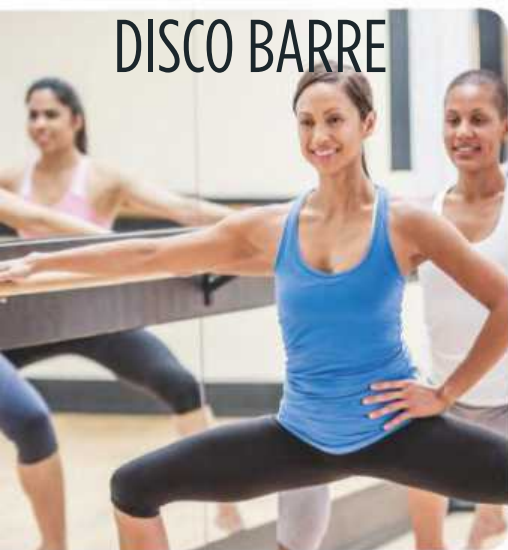
What happens during a class?

All classes start with a warm-up, then focus on breaking down the songs into manageable chunks. You'll be taught all

the tricks and moves, such as Beyoncé's signature booty shake, so you can dance like your favourite star, before putting them together in a short routine at the end. Classes, which are an hour long, are a mix of regulars and total newcomers.

Where can I do it? Seen on Screen has studios in London and Manchester; seenonscreenfitness.com. Classes start at £12, with weekend workshops from £20.

DISCO BARRE



Disco Barre

What is it? Think *Fame* rather than *Black Swan*. You'll learn a mixture of ballet and fitness moves to a soundtrack straight from 1980s New York.

What happens during a class?

It's based on small isometric moves to help build core strength, leaner muscles and total-body fitness. Think squats, but in second-position plié at the barre, or using hand weights and resistance bands to intensify upper-body moves.

Where can I do it? Disco Barre is based in Hackney, London, but there are plans to take it nationwide; discobarre.com. You'll pay £10-£12 per class.

'Dance class made me part of a little community'

Amy Swift, 42, an administrator from Brighton, found a passion for dancing following a fitness-based swing class.

'I started going to Charleston Athletic classes two years ago - it's like 1920s Zumba! It's a mixture of Charleston dance moves and aerobic exercise, but is much more fun than going to the gym. The instructor, Amanda, is so engaging that 45 minutes feels like nothing.

I've made lots of new friends; I feel like I'm part of a little community. It's also a great mood booster - after a long day at work I think I'm too tired to go, but as soon as I start my class I have a big smile on my face. I now have something really special to look forward to every week.'

» Charleston Athletic, from £6, brightonlindyhoppers.co.uk



Amy loves her classes



More Essentials than ever!

* FASHION * BEAUTY
* HEALTH * FOOD
* CRAFT



PLUS new website
GoodtoKnow.co.uk



STAYING UP LATE OR GETTING UP EARLY?

The answer

Be an early bird.

The reason Post 9pm your body ramps up melatonin production (the sleep hormone) and trying to resist this drowsiness will leave you groggy. After dawn these levels drop, so you'll be ready to focus.

LIVE WELL



WINDOW OR AISLE ON AN AEROPLANE?

The answer There are problems with both!

The reason If you're sitting by the window you're more at risk from UVA waves, so slap on the factor 50 before take off. But the aisles can be a haven for germs, so keep your sanitiser at hand.

What's *better*?

We give you the knowledge to make the right decisions - fast!

TOMATOES - RAW OR COOKED?

THE ANSWER COOKED

The reason Heating can reduce the vitamin C content, but it also makes it easier for us to break down the plant cell walls. This allows us to absorb the antioxidant, lycopene, more efficiently, which can eliminate dangerous free radicals that damage DNA.

SMALLER PORTIONS VS SKIPPING A MEAL

The answer Smaller portions.

The reason If you're trying to drop a dress size you might think skipping supper is no bad thing. Wrong. In fact, cutting out meals altogether can set off processes in the body that trigger dangerous fat to be stored around your middle - increasing the risk of type-2 diabetes and heart disease. Stick to three portion-controlled meals, plus healthy snacks, if necessary.



IMMUNE BOOST

Zinc is the last mineral (alphabetically), but certainly not the least. It's responsible for countless actions in your body, including growth, healthy cell division and immune function. Here's how you can get your daily 8mg dose.

85g crab



= 3-6.5mg

1 cup of
baked beans



= 5.8mg

½ cup of
pumpkin seeds



= 3.3mg

56g cashews



= 3.2mg

1 pork chop



= 2.9mg

2 eggs



= 1.3mg

85...

The number of seconds faster* runners were during a 5K race after they strapped frozen gel packs to quads and hamstrings during a 30-minute warm-up. It's thought that pre-cooling your muscles will ease fatigue. No gel packs? Try a cool shower instead.



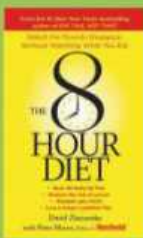
*Compared to when they went ice-free

Lose a stone on the **8hour DIET**

Want to eat what you want - and lose 14lb in four weeks? It's all down to timing...

You don't have to scrap entire food groups, count calories or bin treats in order to lose weight - that's according to David Zinczenko,

author of *The Eight-Hour Diet* (St Martin's Press, £6.99). It's a twist on intermittent fasting - only instead of going low-cal for two days a week, you just do it for part of every day. And since some of your fasting period can include the time you're asleep, it's less challenging. Just pick an eight-hour window in which to eat all your meals and snacks - limiting certain foods and including plenty of nutritious ones - and the fat will start to melt away.



THE SCIENCE BIT

Apparently, our 24-hour culture is partly to blame for the fact many of us struggle with our weight. Eating at regular intervals around the clock means your body never goes into fasting mode and doesn't kickstart into producing the enzymes and hormones that make it work through the energy stored in your cells. The result is that you go into fat-storing mode, instead. 'Simply, this diet is a way of extending the period between your last snack and your 'breakfast', giving your body the chance to burn away fat stores,' says David.

THE RULES

1 Pick your eight-hour window and stick to it. Most people find it easiest to start eating later in the morning, but you don't have to. You could have breakfast at 9am and eat an early dinner just before 5pm.

2 For max weight loss, do it every day - but even if you only manage it on four days a week,

you'll still get benefits, especially if you try to base meals on the Powerfoods (see box) and don't let sugary or fatty foods creep in.

3 For best results you should limit refined carbs - so avoid sugary foods, white bread and pasta - and saturated fat.

4 Eat two Powerfoods every meal at least.

5 Drink lots of water - it will help your body work to burn stored fat and can curb an appetite.

6 You can have tea and coffee during your fasting period, but ideally don't add milk or sugar, as these small amounts of calories break the fast, strictly speaking.

7 Limit alcohol to two or three drinks a week.

Watch what you drink!

That green juice may not fill you up, but it still contains sugar and calories, so will break your fasting period.

THE 8 HOUR POWERFOODS

You should base your meals around these foods for optimal results.

THE FAT BUSTERS

- » Eggs and lean meats
- » Yogurt and other dairy
- » Walnuts and other nuts
- » Beans and other legumes

THE HEALTH BOOSTERS

- » Blue and purple fruits (like grapes, blueberries and blackberries)
- » Red fruits and vegetables (such as red peppers, tomatoes and strawberries)
- » Yellow and orange fruits and vegetables (such as apricots, carrots and satsumas)
- » Green fruits and vegetables (such as apples, kale and spinach)



YOUR MEAL PLANNER

You may only end up eating two proper meals, plus snacks, so think of these as ideas you can pick and choose from, depending on when you decide to eat.

BREAKFAST

- » Poached eggs on wholegrain toast
- » Plain yogurt with blueberries and sunflower seeds
- » Porridge with chopped apple and walnuts



LUNCH

- » Roast beef and tomato sandwich
- » Green salad with walnuts and cold chicken
- » Mixed bean salad with oatcakes



DINNER

- » Pork chop with steamed vegetables
- » Poached salmon with sweet potato and steamed kale
- » Chicken stir-fry with lots of crunchy veg and cashew nuts



SNACKS

- » Houmous with raw carrot sticks
- » Green apple and small piece of cheese
- » Quark topped with berries
- » Pear with a handful of walnuts

YOUR FASTING-TIME TROUBLESHOOTERS

Hungry outside your eight-hour eating zone? David has these tricks to help:

» **CHEW GUM!** It can stimulate the nerves in the brain that control feelings of fullness.

» **BRUSH YOUR TEETH** - the taste of mint can temporarily put you off eating.

» **GO FOR A WALK** - because sometimes you just need to distract yourself for a while.

Your bumper summer read...

SUMMER SPECIAL *woman* SPECIAL SERIES

Bonus mag!

TRUE CRIME EXTRA

STARS' REAL LIFE SCARES

STALKED BY THE MAN I LOVE

Inside the HORROR HOTEL

PLUS! The world's most incredible crimes...

GENIUS!
The £4.99 flat tummy miracle

REAL BEACH BODIES

Looking great whatever their age, shape or size!

45 SUMMER BAGS & SHOES

FROM £6

Phwoar!
The best blokes on the beach!

On sale NOW

LORRAINE AIRBRUSH FREE PHOTOS

CORRIE DEBBIE'S CONFIDENT CURVES

PLUS SHORT STORIES, PUZZLES & MORE GREAT READS!

DON'T MISS THE WOMAN SUMMER SPECIAL!

SWAP THIS

for that... Pizzas

Whether you're eating in or out, we've got the best options...

SAINSBURY'S



SWAP
Deep Pan
Meat Feast
962 cals



SAVE
238 cals

FOR
Thin & Crispy Sweet
Chilli Chicken
724 cals

ZIZZI



SWAP
Classic Pizza
Caprina
888 cals



SAVE
426 cals

FOR
Skinny Pizza
Bufala
462 cals

DOMINO'S



SWAP
Pepperoni Passion
Classic Crust, Medium
1682 cals



SAVE
757 cals

FOR
Vegi Volcano Thin &
Crispy Crust, Medium*
925 cals

TESCO



SWAP
Finest Ham, Mushroom
& Mascarpone
1012 cals



SAVE
354 cals

FOR
Stone Baked Italian
Ham & Mushroom
658 cals

WAITROSE



SWAP
Menu Roasted
Vegetable & Pesto
850 cals



SAVE
118 cals

FOR
Menu Mushroom &
Gorgonzola
732 cals

PIZZA EXPRESS



SWAP
American Hot
Romana
904 cals



SAVE
404 cals

FOR
American Hot
Leggera
500 cals

A woman with long red hair, wearing a pink short-sleeved shirt, black leggings, and pink boxing gloves, stands in a boxing ring. She is smiling at the camera. The ring has blue ropes and a red punching bag is visible in the background. Large windows in the background show greenery outside.

Boxing transformed my body

After years of struggling with her weight, getting in the ring changed single mum Lyn McGirr, 43, mentally and physically

During tough times, Lyn used food as a crutch...



Even in school I was always the fat one. I ate in the hope that, if I was big, I could fade into the background. I snacked on chips from my parents' shop and spent my pocket money on sweets and fizzy drinks.

My weight yo-yoed between 14 and 15st during my teens.

I remember one mortifying moment, aged 14, when I had to take part in high jump at school - I landed on the bar and it bent. I laughed it off, but inside I was dying.

When I was 16, my older brother was killed in an accident. I was devastated, but I knew I needed to be strong for my mum and younger siblings. So I used food as a crutch to get through the trauma.

Eating during times of stress continued during my twenties and thirties. I used junk food to detach myself from my emotions and it wasn't uncommon for me to devour a pack of Blue Ribbon bars in one go. By my mid thirties, at 5ft 7in, I was a staggering 17st.

Climbing up a flight of stairs left me breathless, but worst of all I hated feeling my body wobble as I moved. It was impossible to find clothes to fit, I avoided going out and loathed having my photo taken - my confidence was in tatters. One day in 2012 as I was applying make-up in front of the mirror, I didn't recognise the person staring back at me. I was repulsed by what I saw. I realised I needed to do something.

A couple of days later I phoned LighterLife, who I'd discovered online. They had a meeting that evening and they invited me along. I was more curious than nervous, heading to that first session - I felt this was my last chance.



...but eventually she realised she had to change

I was put on a LighterLife Total Plan, which replaces meals with four daily nutritious food packs. I also went to weekly sessions with a trained counsellor, who helped me address my emotional relationship with food. The weight started coming off and I lost 5st in 17 weeks. I couldn't believe it.

Even though I'd dropped six dress sizes, I desperately needed to tone up. I accepted my friend's offer to go with her to the gym and, surprisingly, I loved it. A couple of weeks later, I spotted an advert for Pink Collar Boxing - a women-only group. It felt a million miles out of my comfort zone, but I thought I should give this new challenge a go.

Heading to that first class was nerve-wracking. I was worried I wouldn't know what to do and I wouldn't be able to keep up. But the instructors were incredibly supportive and, like me, the women I met there simply wanted to try something new to get fit.

The first session eased us in with an introduction, practising the correct stance and learning a couple of key punching moves. But from lesson two on, classes focused heavily on cardio circuits combined with skills training, which pushed us all to our limits.

Training twice a week, my fitness ramped up quickly and my body felt firmer and stronger - I was particularly proud of my flat stomach. By week eight I found myself tentatively stepping into a boxing ring, ready for my first fight. It was tense, but it helped knowing the ladies I had to

HOW I DID IT

LYN'S WEIGHT LOSS

Before	After	Loss
Weight		
17st 6lb	12st 2lb	5st 4lb
Dress size		
24	12	6 sizes

face. The fights were tough - I won the first one and drew on the second - and by the end I was exhausted, but exhilarated.

Over the last few years I've changed physically and mentally - I can't relate to that overweight, unhappy person I used to be. Exercise has empowered me and I feel I can achieve anything. My friends can't believe the change in me, and my children are ecstatic to now have a healthy and happy mum. Boxing has helped me get my life and body back on track and, for the first time in my life, I'm proud of who I am.

» *LighterLife is a Very Low Calorie Diet (VLCD) with a unique behaviour change programme that helps people achieve long-term weight maintenance by helping them deal with their emotional attitude towards food. For more, visit lighterlife.com*

HAVE A GO...

WHAT ARE THE BENEFITS OF BOXING?

It increases your cardiovascular health, strength, speed, agility, hand-eye coordination, endurance and muscle tone. Plus you can burn over 400 calories in just 30 minutes.

WHO CAN DO IT?

Anyone, any age and fitness level. No previous experience needed.

WHERE CAN YOU TRY IT?

For local clubs in England and Wales, visit abae.co.uk and welshboxing.org



The burpee may be one of the more demanding fitness moves but that's

because it works virtually every muscle - 'everything from biceps and triceps to abs, back, glutes and calves,' says Virgin Active personal trainer Helen Russell. And that means burning more calories in less time for you.

The move, which combines squats, jumps and press-ups in one, was adopted by the military to test fitness levels of soldiers in World War Two. Moving across several planes in rapid succession it ramps up your heart rate, while also testing strength and endurance. 'It involves coordination, so your mind gets a workout too,' says Helen, which is why just a few a day can make a major difference.



Your trainer,
Helen Russell

Tone up in one move

It's the one exercise that does it all: take our burpee challenge to get a fitter and firmer body in the next 30 days

HERE'S HOW TO BURPEE YOUR WAY TO A BEAUTIFUL BOD

Helen has created one simple move to ease you in from days 1-15. Then the burpee gets a boost with her more challenging exercise from days 16-30.

» BASIC BURPEE

- » Stand with your feet shoulder-width apart.
- » Place hands in a wide stance down on the floor in front of you. Jump or walk feet out behind you so you form a plank position.
- » Perform a wide stance press-up (elbows should point out to the

sides). If you're struggling with the press-up and arching your back, keep your knees on the floor.

- » Jump or walk your feet towards your hands so you're in a squat position.
- » Jump up to the starting position.

TIP
Engage your core throughout to boost strengthening benefits



TIP
Add a double jump at the top or mountain climbers at the bottom



» BOOST BURPEE

- » Stand with your feet shoulder-width apart.
- » Place your hands in a narrow stance down on the floor in front of you - your hands should be directly beneath your shoulders. Jump your feet back behind you into a plank position.

- » Perform one narrow stance press-up (you will feel it in your triceps!).
- » Jump your feet towards your hands so you're in a squat position.
- » Jump upwards into a jump tuck position, then land in your start position.

NOW WATCH THE VIDEO



Make sure you get your technique spot on with our video on the Fit and Well YouTube Channel



You can also watch the video and sign up to the challenge on our Facebook page. Like us at [facebook.com/fitandwellmagazine](https://www.facebook.com/fitandwellmagazine)

TURN OVER FOR THE CHALLENGE »

30 day challenge

TIP

Keep going, even if you slow your pace. It'll take longer to start again if you stop.



Helen's how-to-burpee tips

- » If it's your first time, don't rush. Stay slow and pick a pace you can maintain.
- » Test out your press-up first. Do you need to have your knees on the floor to lower your body?
- » Don't arch your back when you're coming out of the burpee as this can put pressure on your spine.
- » Keep your shoulders over your wrists, lower your chest in between your hands during your press-up and squeeze your bottom to open your hips when you jump.
- » It's about quality rather than quantity. If you feel your form failing, decrease the number of reps until you've mastered the move.

» HERE'S YOUR CHALLENGE CHART, GET TICKING!

1 <input type="checkbox"/> 3 Basic burpees	2 <input type="checkbox"/> 4 Basic burpees	3 <input type="checkbox"/> 5 Basic burpees	4 <input type="checkbox"/> 6 Basic burpees	5 <input type="checkbox"/> 7 Basic burpees	6 <input type="checkbox"/> 8 Basic burpees
7 <input type="checkbox"/> 9 Basic burpees	8 <input type="checkbox"/> 10 Basic burpees	9 <input type="checkbox"/> 12 Basic burpees	10 <input type="checkbox"/> 14 Basic burpees	11 <input type="checkbox"/> 16 Basic burpees	12 <input type="checkbox"/> 18 Basic burpees
13 <input type="checkbox"/> 20 Basic burpees	14 <input type="checkbox"/> 22 Basic burpees	15 <input type="checkbox"/> 25 Basic burpees	16 <input type="checkbox"/> 3 Burpee boosts	17 <input type="checkbox"/> 4 Burpee boosts	18 <input type="checkbox"/> 5 Burpee boosts
19 <input type="checkbox"/> 6 Burpee boosts	20 <input type="checkbox"/> 7 Burpee boosts	21 <input type="checkbox"/> 8 Burpee boosts	22 <input type="checkbox"/> 9 Burpee boosts	23 <input type="checkbox"/> 10 Burpee boosts	24 <input type="checkbox"/> 12 Burpee boosts
25 <input type="checkbox"/> 14 Burpee boosts	26 <input type="checkbox"/> 16 Burpee boosts	27 <input type="checkbox"/> 18 Burpee boosts	28 <input type="checkbox"/> 20 Burpee boosts	29 <input type="checkbox"/> 22 Burpee boosts	30 <input type="checkbox"/> 25 Burpee boosts

Superfood SUMS

Get double the benefits by combining hyper-healthy foods that work together



Steak



Tomato



More energy

Red meat is packed with iron, vital for carrying oxygen around the body. But you need vitamin C to absorb iron properly, so serve up a grilled tomato, too.



Cherries



Dark chocolate



Healthy heart

Cherries are rich in quercetin, an antioxidant which, when combined with the catechins in dark chocolate, cuts your risk of heart attack*.



Brazil nuts



Broccoli



Cancer protection

Broccoli contains sulforaphane, shown to have anti-cancer properties. And this effect is maximised when eaten with foods rich in selenium, such as Brazil nuts.



Banana



Yogurt



Better digestion

Plain live yogurt teems with beneficial bacteria that helps your digestive system. Prebiotic banana, meanwhile, acts as a fertiliser for good bacteria in your gut.



Brown rice



Miso soup



Less stress

Magnesium, found in brown rice, is important for coping with stress. Add a probiotic-rich food like miso soup and it helps you absorb the magnesium.



Cream cheese



Salmon



Strong bones

Salmon contains vitamin D while cream cheese is packed with calcium, both essential bone nutrients. However, they work harder if you eat them together.

PICK THE RIGHT CLEANSER

OILY SKIN Look for a product containing salicylic acid to help fight breakouts – we like **Bioré Blemish Fighting Ice Cleanser**, £4.99.



DRY OR MATURE SKIN Try a nourishing balm like **Emma Hardie Amazing Face Natural Lift and Sculpt Moringa Cleansing Balm**, £38.



NORMAL SKIN Pick a gentle daily exfoliating cleanser. We love **Clarins One-Step Gentle Exfoliating Cleanser**, £20.50.



SENSITIVE SKIN

Go for a non-foaming wash that leaves your skin's natural oils intact. Try **Manuka Doctor ApiClear Bee Venom Foaming Cleanser**, £16.99.

Squeaky clean skin secrets

Cleansing is vital to your beauty regime, helping the skin absorb your other products. Here's how to do it properly...

TONE UP

Yes, it really is worth using a toner, just avoid the astringent types – they'll leave sensitive skins irritated and can actually aggravate outbreaks in oilier skin types.

DRY OR SENSITIVE SKIN

Avène Thermal Spring Water spray, £10, contains soothing spa water.



AGEING SKIN

Dermalogica Antioxidant Hydramist, £36.90, gives your skin a blast of vitamins.



OILY SKIN **Origins Zero Oil Pore Purifying Toner**, £18.50, is packed with soothing ingredients to help balance oil production.

GET POLISHING

Add a spot of exfoliation to your regime once or twice a week. It will reveal a softer, brighter complexion.

Lancôme Exfoliance Clarté Fresh Exfoliating Clarifying Gel, £30, contains rejuvenating pineapple and papaya extracts, as well as fine exfoliating grains.

Best for normal, oily or combination.



Origins Modern Friction Instant Brightening Pads, £32, are soaked in fruit acids which whisk away dead cells, leaving you with radiant skin.

Best for all skin types, particularly mature.



Elemis Gentle Rose Exfoliator, £30, is packed with Moroccan rose absolute and tiny jojoba beads for the ultimate soft polish. **Best for** dry and sensitive skin.

Did you know?

Don't cleanse with soap, even if you have oily skin – it will leave your complexion dry and tight.

3 ways to supercharge your cleanse

1 WASH WITH WARM WATER

It raises your skin's temperature and opens the pores, helping to remove dirt more efficiently.

2 PICK UP A GADGET

Celeb fave, the Clarisonic, £120, uses a gentle vibrating

brush-head to deep clean – yes, it's pricey, but it will transform your skin.

3 DOUBLE CLEANSE

At night, cleanse once to shift make-up and surface dirt, rinse, then cleanse again to remove excess oils. It really makes a difference!

TREAT YOURSELF

Win a **JUICER!**

Inspired by our healthy juicing ideas, we've got three Sage by Heston Blumenthal Nutri Juicer™ Pro juicers worth £299.99 each to give away...

Juicing has never been easier than with the Nutri Juicer™ Pro. Forget peeling – the extra wide feed chute means you can juice all sized vegetables with ease, and there are also different speed settings for juicing soft and hard fruits. It maximizes your nutrition too, with 70% of nutrients extracted from produce. In stylish stainless steel, this juicer is perfect for anyone trying a juice detox, or who wants to up their intake of nutrients. It comes with a 5-year motor warranty and even won a Which? Best Buy award in



2014 for its ease and speed of use. And did you know that juicing can bring you up to 10 times more vitamin C than blending fruit and veg per serving? It's time to juice! In celebration, we've got three amazing juicers to give away.

Exclusive
FIT & WELL
comp worth
£299.99

HOW TO ENTER

For your chance to win, simply answer this question:

How many nutrients are extracted from the produce, when using the Nutri Juicer™ Pro?

20% 40% 70%

Then go to fitandwell.co.uk and click Win. Find our juicer comp and register your entry by 23.59 on 10 September 2015. It's that easy! Good luck!

TERMS AND CONDITIONS:

- » Standard terms and conditions apply. For details go to www.timeincuk.com/standard-competition-terms
- » Entry implies acceptance of these rules.
- » For website rules of play go to comps.womanmagazine.co.uk/rules.php
- » There are three prizes to be won.
- » The prize is a Nutri Juicer™ Pro - worth £299.99 each. Subject to availability.
- » The competition opens on 13 August 2015
- » The closing date is 23.59 on 10 September 2015

Sage by heston blumenthal

Photos Alamy

Your slimmer sandwich guide

In a rush? The lunchtime staple can still be a healthy option, if you choose wisely...



M&S Count On Us British chicken with basil dressing & roasted tomatoes

289 cals



Boots houmous, carrot & coriander

291 cals



Tesco Healthy Living prawn with lemon & herb mayonnaise

215 cals



M&S Count On Us egg, tomato and spinach

274 cals



Pret crayfish and rocket

235 cals



Boots Shapers sweet chilli chicken wrap

291 cals



Sainsbury's My Goodness! smoky ham, tangy piccalilli & chargrilled vegetables

333 cals



235 cals

EAT. houmous and falafel half wrap



292 cals

Sainsbury's Be Good To Yourself chicken tikka flatbread



298 cals

Pret chicken raita wrap



298 cals

EAT. tuna & cucumber half baguette

YOUR GUIDE TO PICKING A HEALTHIER SANDWICH

Grabbing a healthy lunch on the go is easy if you follow dietician Helen Bond's healthy checklist...

1 LOOK OUT FOR SMART SPREADS

Rather than maxing out on full-fat mayonnaise, choose a sandwich that's moisture comes from a healthier option like tzatziki or salsa, protein-packed peanut butter, houmous or even thinly sliced avocado and salad.

2 FILL YOURSELF UP ON FIBRE

According to recent guidelines we need to eat 30g of fibre daily. Choose wholegrain, seeded or rye breads and bean or fruit fillings. Making your own? Mix apple and walnut with low-fat cheddar, raisins or apricots with falafel.

3 AIM FOR UNDER 450 CALORIES

'Sandwiches can be healthy, but the filling and the type of bread make a big difference,' says Helen. 'For a person on 2,000 calories a day, allow for 450 calories a sandwich. For the best choice check out the traffic light markings on packets that indicate levels of fat, sugars, fibre etc.'

4 USE LOW CAL CONDIMENTS

Avoid cured meats (excessive consumption has been linked to bowel cancer) and fatty cheese. Load up instead on cottage cheese or mineral-rich lean protein, including chicken, tuna or eggs. Boost flavour with low cal condiments, such as mustard, harissa or fresh herbs.

SUPPLEMENTS

Your perfect prescription

Whether you need a general top-up or specific nutrients, here's what you should be reaching for...

IF YOU ONLY TAKE ONE THING A multivitamin

In an ideal world, we'd get all the nutrients we need from our diet. But let's face it, it isn't always easy to eat loads of fruit and veg - and even if you do, if it's been imported and then sat in your fridge for a few days, the nutrient levels will have declined significantly by the time you eat it. Plus, sometimes you have greater nutrient needs - particularly if you're stressed. A recent survey by the Health Supplements Information Service found women in

TRY
Healthspan
MultiVitality Gold,
£8.95/180
tablets

their thirties and forties were likely to have a 'nutrient gap', probably down to the stress of working and looking after both young children and ageing parents.



THE ENERGY BOOSTER Vitamin B12

This nutrient helps with stress management, concentration and vitality. Vegans may miss out on B12 in their diets, and you should take it if you're trying to get pregnant - it's now known that B12 can help prevent neural tube defects (affecting the brain, spine or spinal cord) when taken along with folic acid.

TIP Go for a form of the supplement that melts under your tongue - it's better absorbed.



TRY
Solgar
Methylcobalamin,
£10.19/60
nuggets

THE FERTILITY PROTECTOR Coenzyme Q10

CoQ10 is made naturally by the body and is also found in foods like meat and fish. It's needed for cells to produce energy. There's a theory that a drop in energy production from cells in eggs may be one reason older women can struggle to get pregnant. Some fertility experts recommend taking 100-300mg.

TIP Look for the ubiquinol form (rather than the standard ubiquinone), which your body uses more efficiently.



TRY
Life Extension
Super Ubiquinol
CoQ10, £37.99/
60 gels

THE FATIGUE FIGHTER Iron

It's estimated 42% of women under 50 are low in this mineral - that's mainly down to blood loss during periods. Signs of a deficiency include fatigue, shortness of breath, mild palpitations and difficulty concentrating. Stick to the daily allowance of 15mg or you may experience side effects like constipation.

TIP Always see your GP if you're suffering from ongoing fatigue, to rule out other conditions.



TRY
Spatone 100%
Natural Iron,
£9.25/28
sachets

THE SKIN SOOTHER Vitamin E

Found in many foods, including nuts (especially almonds), plant oils, seeds (especially sunflower) and avocados, this nutrient is essential for healthy skin and eyes, plus it strengthens the immune system. It's also a powerful antioxidant, helping to scavenge the free radicals that can cause skin damage, and has anti-inflammatory properties - so has been found to help

people suffering from eczema.



TRY
Vitabiotics Ultra
Vitamin E,
£4.95/60
capsules



TRY
Pharma Nord
Bio-Magnesium,
£12/150
tablets

THE STRESS BUSTER Magnesium

It helps because it has a relaxant effect on your body and may limit the release of stress hormone, cortisol. 'Magnesium helps with depression, muscle weakness, cramps, low energy and insomnia,' says Margo Marrone, founder of The Organic Pharmacy. Shabir Daya, pharmacist at Victoria Health, recommends a dose of 375-500mg daily to tackle stress.

THE COLD BLITZER Vitamin D

Surprise - it's not vitamin C, but its alphabetical next-door neighbour that has been shown to boost immunity and help fight off colds and flu. And it's a common deficiency in the UK, says Margo Marrone. 'Vitamin D is made by sunlight and because we don't sunbathe as regularly as we used to and can't get enough from our diet, we're all lacking.'



TRY
BetterYou DLux
1000 spray,
£6.95/15ml

THE ONE THING... that makes a difference to me



'I take Floradix, which is high in iron and magnesium.'
Szidy Henter



'I always take a well-woman multivitamin, plus an omega-3 supplement.'
Lydia Higson



'I love Liquid Iron from Spatone. No more daily headaches and regular colds!'
Lisa Dorman



'I take vit E for my skin, vit D when there's no sun, and Berocca, which has lots of B vitamins.'
Mary Wilson

DON'T MISS
next month's

fit & well

**Eat healthy
without trying!**

From good-for-you
fakeaways to snacks
that burn fat!

PLUS

- » The ultimate 30-minute workout
- » Alternative cures that actually work
- » The NEW way to walk yourself fit

Only
£1.99

**ON SALE
10 SEPT**

'Can I really stand up all day?'

Will this new way of working offset the damage of a sedentary lifestyle? Sue Anstiss rises to the challenge

As I work in the fitness industry, running a promotions company, I've always been aware of the dangers of a sedentary lifestyle, but I didn't think it applied to me because I was sporty. Since my mid forties I've been doing triathlons, and I've just qualified to represent Great Britain in the Triathlon World Championships in September. So surely I didn't need to be more active?

Well, a recent Public Health England report says prolonged sitting is a separate problem from inactivity alone. It found people in the UK spend as much as 60% of their waking hours on their bottoms. So even though I was fit, I spent most of my time sitting. Maybe that would explain my lower back pain?

The new smoking

Scientists have compared sitting to smoking in terms of

how much harm it could do. The campaign Get Britain Standing confirms people who sit for more than eight hours a day double their risk of heart disease, compared to those who sit for four hours or less. And it's a key contributor to weight gain – itself linked to heart disease, diabetes and some cancers. It's clear I needed to stand more. So when I read that the NHS was trialling height-adjustable 'standing' desks for its staff, I decided to try one for myself.

On my feet

I found a company called Varidesk online (uk.varidesk.com) and ordered an adjustable riser to put on top of my normal desk. Your screen and keyboard go on top, so they're the right height for you to work at while standing. But you can move it down, too, if you want to sit sometimes.

The first week I used it, I expected I'd still be sitting most of the time with perhaps an hour of standing a day. In fact, I loved it immediately.

I was amazed how comfortable it was to work on your feet. Even longer tasks like writing a document felt fine. You're not advised to stand for a full day – instead, you mix standing with leaning against a high stool.

There were some

other surprising benefits. Within a few days, I felt more focused and clear-headed at work. Perhaps my breathing's better now I'm not slumped in a chair. And within a week my lower back pain had gone.

My employees liked the look of my standing desk, so now all 10 of us have them – and I feel like we're all being much more productive. Because you're already on your feet, you're more likely to walk over to chat to colleagues than send an email or roll over on your chair. That seems so lazy now.



Already a triathlon runner in her spare time, Sue is now getting fitter at work, too



The desks can adjust if your legs get tired

The verdict

I have more energy for the rest of my life now. I fit in triathlon training before and after work, but never feel tired at my desk, like I used to when I was sitting. I'd recommend a

Varidesk to everyone, for home or work use. Even if you can't have one in your office, you can adopt some of the habits it creates, like standing up to make phone calls. And when you have meetings standing up, they're much quicker and more efficient. If you need further persuasion, how about the fact that standing burns 50 more calories per hour? If you spent just 30 minutes more a day on your feet, the extra calorie burn could add up to over 5lb lost during a year.



Victoria Beckham is a fan of standing desks

Gym bag beauty must haves

Look great during your workout and maximise that post-exercise glow - with our pick of goodies for under £10!

1



Weleda Arnica Massage Balm, £7.99

Keep on standby for when your muscles need therapy. Jam-packed with anti-inflammatory arnica, it lends some relief to cramp, sprains and strains.

2

L'Oréal Infallible 24H-Matte Foundation, £7.99

If you can't bear to exercise bare-faced, this is your go-to product. With anti-perspirant technology, it won't budge.



3

Dr Salts+ Muscle Therapy Bath Salts, £7

Eucalyptus and rosemary essential oils are proven to relieve aches and pains, making this the perfect post-workout soak.



4



Activbod Game Changer Face Scrub, £7 Designed to instantly calm a blotchy 'I've overdone it' face. Salicylic acid unclogs pores, while vitamin E and guava fruit extract reduce redness.



5

Eucerin Dermo Purifyer Cover Stick, £9.50 Had a spot breakout during Bikram? This zit-zapping concealer is perfect for emergencies. Antibacterial salicylic acid and soothing chamomile extract will clear blemishes fast.



7

Kiko Body Exfoliant Wipes, £6.90 Use these double-sided wipes after a lunchtime workout. The rough side is enriched with fruit acids to exfoliate and make limbs gleam, while the soft side helps you freshen up when there's no time to shower.

8



Batiste Dry Shampoo Heavenly Volume, £3.99 No time to shampoo after Zumba? This will absorb excess oil and add lift.

9

Balance Me Super Toning Body Wash, £9 Continue toning post exercise with this invigorating body wash. It's infused with spa-inspired oils such as juniper, bergamot and geranium, all designed to boost circulation.



10

Simple Kind To Skin Micellar Cleansing Water, £4.49 Nobody wants running mascara and blotchy blusher. So for a quick cleanse, soak a cotton pad with this all-in-one cleanser and toner, and wipe over your face to dissolve make-up.



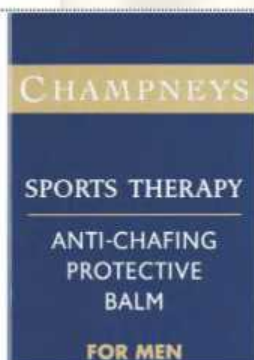
11

Amie Spring Clean Deep Cleansing Mask, £5.95 Hitting the sauna improves blood flow and sweats out toxins. Turbo-charge the effect by applying this white clay face mask to draw out impurities.



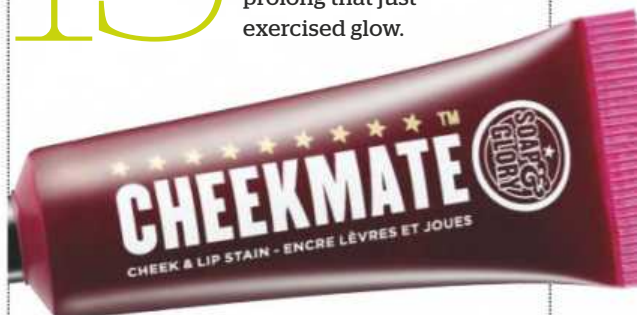
12

Champneys For Men Anti-Chafing Protective Balm, £3.75 Not just 'for men' - if you're into intense exercise this sweat-resistant gel will reduce friction irritation around the thighs.



13

Soap & Glory Cheekmate Cheek & Lip Stain, £8 Pat this balm onto your lips, then dab it onto your eyelids and cheeks to prolong that just-exercised glow.



More Essentials than ever!

* FASHION * BEAUTY
* HEALTH * FOOD
* CRAFT



PLUS new website
GoodtoKnow.co.uk



10
minute
challenge

Your GET TO SLEEP QUICK mind trick

Can a few minutes a day make a difference? Try our before-bed relaxation challenge

A good night's sleep can feel like a luxury if you're plagued by insomnia. According to a recent survey, 56% of UK women sleep badly. And it doesn't just leave you with dark circles - poor sleep can affect your mood and relationship, dampen your energy, lower your immune system and even make you prone to weight gain, diabetes and high blood pressure. So try this 10-minute exercise, devised Dr Nerina Ramlakhan.

» Dr Nerina is a sleep expert for Silent Night. Visit silentnight.co.uk/sleep-matters for more tips.

DR NERINA'S GOODNIGHT GUIDE

Say goodbye to restless bedtimes with a combination of yoga and meditation.

1 SIT ON THE FLOOR and spend four minutes performing the NODS breathing technique:
N - notice - be aware of your breathing
O - open - relax, drop your shoulders and press your tongue against the roof of your mouth
D - deeply breathe into your belly
S - slow it down

2 PLACE LEGS OUT IN FRONT. Draw in right leg and place foot on the inside of left thigh. Bring in left leg and place left foot on right leg, inside your knee.

3 TOUCH THUMBS AND FOREFINGERS and place hands on knee, fingers pointing up. Breathe steadily for one minute.

4 STRAIGHTEN LEGS. Stretch out arms and place palms on legs. Breathe and slide hands down as far as you can. Repeat three to four times.

5 KNEEL AND SIT ON YOUR FEET. Place hands on floor in front and slide them forwards. Tuck chin into chest and rest head between arms, closing eyes. Hold for two minutes.

Worry-free wakefulness

If you wake up during the night, consciously relax each part of your body, from toes up to your face, while breathing deeply into your belly.

Take the challenge!

Tick off each day from 1 to 30. To help you drop off, Dr Nerina also suggests the following tips » don't use your tablet, computer or smartphone, or watch TV, for 90 minutes before bed » exercise regularly » minimise caffeine and sugar

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8	<input type="checkbox"/> 9	<input type="checkbox"/> 10
<input type="checkbox"/> 11	<input type="checkbox"/> 12	<input type="checkbox"/> 13	<input type="checkbox"/> 14	<input type="checkbox"/> 15	<input type="checkbox"/> 16	<input type="checkbox"/> 17	<input type="checkbox"/> 18	<input type="checkbox"/> 19	<input type="checkbox"/> 20
<input type="checkbox"/> 21	<input type="checkbox"/> 22	<input type="checkbox"/> 23	<input type="checkbox"/> 24	<input type="checkbox"/> 25	<input type="checkbox"/> 26	<input type="checkbox"/> 27	<input type="checkbox"/> 28	<input type="checkbox"/> 29	<input type="checkbox"/> 30

New fitness tech

Wearable tech has come a long way in 2015 - we put the latest gadgets and apps to the test

Wearable fitness technology has exploded in popularity this year. Once restricted to professional athletes, it's become more mainstream than ever. Sales of devices are predicted to rise to a staggering 172 million units by 2018.

The latest trend is trackers that do more than one thing, or an integral smart watch that measures heart rate and features GPS technology, as well as monitoring steps, calories and sleep. So if you're into fitness, they could help you in a whole range of ways. We find out how they work...

JAWBONE UP3

£149.99, jawbone.com

BEST FOR
Tracker lovers



TESTER
Rachel Bassett,
Fashion Stylist

I go to the gym regularly, but also walk a lot for my job, so want to get a better idea of my overall activity and health.

WHAT IS IT? A stylish wristband that tracks heart rate, sleep and workouts.

BEST BITS As well as monitoring my steps and sleep in great depth - and telling me when I wasn't doing enough of either, it automatically recognised when I was doing a workout. Very clever!

DOWNSIDERS It records your heart rate while resting (a good indication of overall health), but not during workouts.

MAKE THE MOST OF IT The Smart Coach app gives you personalised advice to help you reach your goals. You can also log your food intake.



FITBIT SURGE £199.99, fitbit.com/UK



TESTER Jessica Bowden, Chief Sub
I'm not a big runner, but I do regular classes,

like yoga and Zumba, and want to be able to track those.

WHAT IS IT? This multi-talented smart watch monitors steps, distance, workout sessions, sleep patterns and heart rate, but also features GPS to map walks and runs.

BEST BITS It combines everything into one watch - you

can even get your text messages! I loved the fact that my Zumba class counted towards my 10,000 daily steps target. Using the GPS function for weekend walks has encouraged me to spend more time outside.

DOWNSIDERS It's a pretty chunky watch, but all that data has to fit in somewhere!

MAKE THE MOST OF IT

The Fitbit app now has a UK food diary, so you can track every single aspect of your life in one place. You can get a clear idea of how many calories you burn compared to what you eat.



BEST FOR
Fitness fans

ON TEST

GARMIN FORERUNNER 225 £239.99, garmin.com/en-GB



TESTER
Sarah
Prescott,
Designer

I'm training for my next half marathon and need help improving my times.

WHAT IS IT? A GPS running watch that also measures heart rate using a high-tech optical sensor on your wrist.

BEST BITS The GPS feature means it's great for training runs, as it calculates distance and pace, and the heart rate sensor is one of the best I've tried - there are no fiddly wires. I also liked the fact that I could

BEST FOR
Keen runners



wear it all day, so both my regular runs and my daily activity was tracked, including steps, calories burned and sleep.

DOWNSIDES It only monitors running, not other workouts, and it doesn't have phone notifications, letting you know when you receive texts or calls, which would be handy on a run.

MAKE THE MOST OF IT Wear it 24/7, not just when running.

SWIMOVATE POOLMATE2
£70, swimovate.com



TESTER Paula Moore,
Fashion Editor
I've started swimming as

it's one form of exercise that doesn't drive me mad. But remembering how far I've gone is a pain!

WHAT IS IT? A waterproof lap-counting swim watch.

BEST BITS I loved the fact that after a swim it told me how many lengths I'd done, how far and fast I'd gone and how many calories I'd burned. It's not too pricey either.

DOWNSIDES It can also be used to track open water swimming, but you need to swim a calibration lap first as it doesn't use GPS.

MAKE THE MOST OF IT Download the PoolMates app to review and share your swims with your friends.



BEST FOR
Savvy swimmers

New fitness apps to try this month...



Under Armour Record
(free, Android and iPhone)

A platform to connect hundreds of devices, such as activity trackers and heart rate monitors, so you can analyse all your health and exercise data. It's also a social network for fitness fans.

What's so good? All data recorded can be reviewed in just one place. The social network element allows you to add friends, challenge them and follow leading health and fitness experts to help inspire you.



BEST FOR
24/7 tracking devotees



Sportable
(free, Android and iPhone)

The ultimate motivator app that allows health and fitness enthusiasts to discover local communities of like-minded people and activities near them.

What's so good? There are 100 different sports available, including 20 disability ones. It's easy to join or organise local clubs and sports - sign up is quick and simple. This app is great if you want to join a team, or need to find players at the last-minute.



BEST FOR
team players



Fitbug Kiqplan
£19.99, iTunes, Google play, Argos.co.uk and Amazon.co.uk

A 12-week personalised training and diet plan. Latest ones include Bikini Hot, Your First 5K and 10K Run Ready.

What's so good The plans, put together by personal trainers, dietitians and qualified fitness experts, use the data from your activity tracker to help structure the plan and give you prompts to reach your goals. You can also keep a food diary and follow workouts - all in one place.



BEST FOR
those with a specific goal

THE ONE THING...

Emmerdale actress Roxy Shahidi, 32, tells us about the little things that make her tick

...I'd never change about myself

Is my passion for learning. It means there's always a challenge and something to aim for, and this sense of progression keeps me interested and excited about life.

...I eat regularly

I love avocado. It's so versatile, you can make so many things with it, from smoothies to desserts. I like to blend it with raw cocoa powder and agave to make a delicious and filling chocolate mousse. Wonderful!

...that gives me energy

Is yoga. I'm a qualified yogi and I try to fit in an hour of practice each day. It helps me re-charge, think positively and it's a brilliant aid for dealing with the stresses of daily life. I couldn't live without it.

Roxy is a qualified yogi and uses yoga to help deal with life's stresses



...I do to unwind

Is have a hot bath with bath salts, candles and a glass of red wine. The older I get and the more yoga I do, the more relaxed I've become - I tend to put less pressure on myself now, too.



...that's always in my bathroom

Coconut oil, which is the ultimate moisturiser. I've also discovered Tropic Pure Effects Beauty Booster BB cream with SPF20.



» Roxy is leading one night Strength and Grace Yoga Retreats at Champneys Henlow with energising and relaxing sessions. Visit champneys.com for more information

...I do to keep organised

Is make lists. I often have a million thoughts pop into my head, so I write everything down, then review them at the end of the day.

Tweet your tip!

Roxy wants to find out what helps you to stay calm. Tweet us [#fitandwellmag](https://twitter.com/fitandwellmag) using the hashtag [#theonething](https://twitter.com/theonething)





Tessa • Stevens

Health & Beauty

Fat removal, cellulite and skin tightening without the need to exercise



Introducing
3D lipo 
A Powerful Three Dimensional
Alternative to Liposuction

A revolutionary body treatment which will help with those stubborn areas of fat and cellulite. 3D Lipo also tightens skin and reduces the circumference of problem areas. The fantastic part is that it is a noninvasive procedure and instant result treatment using Cavitation, Radio Frequency, Lymph drainage and the body sculpting treatment Cryolipolysis.

20% off for all new clients

- Venus Freeze Radio Frequency
- Semi Permanent Make Up
- Lava Shell Massage
- IPL Hair Removal
- Dermal Rolling
- LED Light Therapy
- Visia Skin Analysis
- Obagi
- Mineral Make Up
- Skin Tag Removal
- Red Vein Removal
- Laser Facials
- Hot Wax Specialists
- HD Brows
- Non Surgical Facelift
- Yumi Lash Lift
- Environ
- Skin Ceuticals

Enfield Clinic: 76 London Road, Enfield EN2 6HU Tel: 020 8292 3467

Winchmore Hill Clinic: 948 Green Lanes, London N21 2AD Tel: 020 8292 4468

www.tessastevens.com info@tessastevens.com



findahealthstore.co.uk

If you've ever examined a food label, worried about the chemicals in your face cream or questioned the environmental impact of your washing up liquid - then, chances are, you will find plenty to interest you in a specialist health store.

Health stores are more than places to buy your bran and vitamins, they have a wealth of knowledge on all things natural, ethical and environmental.

Discover the difference between, and considerable benefits of, shopping in independent health stores rather than mass-market outlets. With thousands of different natural products to choose from, health

stores are a one-stop shop for everything natural, ethical and environmental: wholefoods, organics, raw foods, allergy-free foods, vitamins, minerals, herbs, amino acids, sports nutrition, essential fatty acids, cruelty-free bodycare, environmental-friendly household cleaners, recycled paper products - some even stock eco-paints, organic clothing and vegetarian pet foods.

Health stores have staff who are qualified and/or experienced in helping with a wide range of health conditions including Acne, Allergies, Children's Health, Digestion, Energy, Fatigue, Hair, Skin & Nails, Heart Health, Joint Mobility, Mood, Menopause, Men's Health, Mouth

Ulcers, PMS, Sleep Disorders, Sports Performance, Urinary Health, Weight Control, Women's Health & much more. Don't be embarrassed to talk about any health concern, they've heard it all before - and helped!

Health food stores come in all shapes and sizes - that's the beauty of independent shops, they are quirky, passionate and individual. A huge improvement on the clone high street chains.

There are more than 1000 independent health stores across the UK, to find your nearest, visit our stockist locator at findahealthstore.co.uk

This advertisement to promote the specialist independent health store is brought to you by Viridian Nutrition.

viridian
The leading brand of ethical vitamins